

A  
**TREATISE**  
On the CAUSES of most  
**DISEASES**

Incident to HUMAN BODIES, and  
the Cure of them.

First, by a right Use of the *Non-Naturals* : chiefly  
by Diet. Secondly, by Medicine. With  
the Cure of Women's Distempers.

Also on the various Kinds and Qualities of

**FOODS;**

With an ESSAY on

**SICKNESS and HEALTH;**

AND

**RULES** to preserve the Body to a good  
old Age.

To which is added,

A Compendious DISCOURSE on Children's  
Diseases, and Tradesmen's Distemper's.

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By *WILLIAM FORSTER*, Physician.

The SECOND EDITION, with large Additions.

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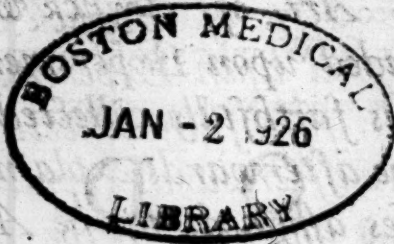


John Chapman

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P R E F A C E.

THE Art of Physick was first founded upon Experiments and Observations faithfully collected, whose Effects were afterwards explained, and their Causes assigned, by the Assistance of Reason. The first Part carries Conviction along with it, and is indisputable; nothing being more certain than Demonstration from Experience: The latter is more dubious and uncertain; every Sect explaining the Causes of particular Effects, upon different hypothetical Principles.

The Subject of Physick is a human Body considered in a natural or disordered State, and the End or Intention thereof to preserve Health, or restore it; which two Parts of the Art are sufficient to shew the Necessity and Usefulness,

## P R E F A C E.

*fulness, as well as the Nobleness of it; the human Body, wherewith it is principally concerned, being of all others the most noble. So all that a Physician hath to do, is but to preserve the present, and to restore absent Health.*

*A Practitioner is to make use of his Reason, and always to weigh and compare his Experience therewith, as strictly as possible; considering the Properties of Bodies, and of the natural Humours and Medicines, and at the same time observing what is either agreeable or disagreeable to Nature: And these things are to be weighed with Prudence and Exactness, that he may be the better enabled thence to deduce just Consequences, and judge of future Events.*

*And that we may the better understand the Operations of human Bodies, whereto a Physician should be assisting, and know how to help her where she is deficient; we are to consider that Man is composed of a Soul and Body, united together, which are of different Natures, who therefore manifests Actions*  
and



## P R E F A C E.

*and Passions of different kinds, yet is there such a Connection and Consent betwixt these two Parts, that the Operations of the Mind are affected and variously determined by the State and Condition of the Body, and on the contrary.*

*But though the Thoughts may in some Measure be differently disposed by the Influence of the Humours of the Body, yet the Soul hath some particular Thoughts which the Body has no Effect upon, and so the Body performs some particular Operations which are involuntary, tho' in some Measure alterable by the Concurrence of the voluntary Actions and Influence of the Spirits, variously distributed, according to the different Passions of the Mind. But how far the Soul is influenced and disordered by the Distemperatures of the Body, and the Fluids contained therein; or on the contrary, how far the Body is disordered by Passions of the Mind, must be judged of by Observation.*

*The Operations of the Mind, and those of the Body, are not confusedly to be*

## P R E F A C E.

be considered together, since what disturbs the Mind, is principally owing to the Distractions and Disorders of the Soul; whereas the Diseases of the Body almost always depend upon the Figure and Motion of the solid Parts, and the various Dispositions of the Fluids contained in the Vessels, and are explicable by their particular Properties, and peculiar Qualities, resulting from the different Forms of the Parts, whereof those Fluids are composed.

And since we ought in the first Place, to understand the Nature of a human Body with all its Parts, both solid and fluid, that we may be thoroughly acquainted in what Health consists; so in the next Place, we are to consider what Alterations Nature is subject to, which may produce Diseases; and also, what are the Differences, Causes and Effects, and how they are to be distinguished and known.

Now, whoever has a Power to perform human Actions with Ease, Pleasure and Perseverance, is said to be well;

## P R E F A C E.

well; and this State of a Man is called Health: But if a Person be unable to perform these Actions, if he feel Uneasiness, Pain, or soon grow weary in performing them, we say he is sick, and call this his Condition a Disease. Now the Inclemencies and Alterations of the Air; the Nature of Aliment, whether solid or fluid; the Force of external Bodies; the vital Actions themselves; and lastly, the very Structure of the human Machine must have rendered it subject to Distempers, ever since Mankind have lived as we do.

March 27th,

1745.

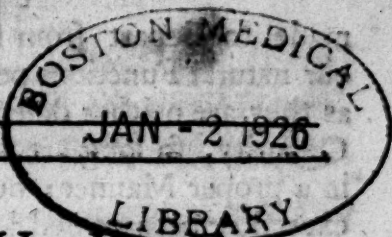
NATURE,



T R E E A C E

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Disease, and even these Principles  
themselves are affected.

N A T U R E



# N A T U R E,

*What is meant by the Word with Physicians: The Office of the Animal Spirits.*

**T**HE Word *Nature*, considered, as it is in itself, is beautified with various Definitions and Descriptions, as if it were the sole Governess and Directress of all human Actions; by it Physicians mean nothing more than a Quantity of Spirits moved for the Conservation of Life, abstracting from any other Consideration, whether of the Soul or the Divinity as the first Mover; and this is a sufficient Inquiry for the Physicians, and thoroughly answers all their Ends and Purposes.

These *Animal Spirits* are considered either with regard to their Subtilty, to their Offices, or to the Parts in which they are lodged; we imagine their Figure to be globular, because this is a Figure that coheres the least, and because it is the fittest also for Motion; their Motion and Quantity are not easily assignable, but we may say in general Terms, that they move swiftly, where the Heart is more impetuously moved, and that they move the quicker, where they find the fewest Obstacles to Motion.

The Effects depending upon their Motion are many, namely, by them we see, hear, taste, smell, and feel, by them our Chyle and Blood are laboured and made, by their Assistance the Secretions are

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made

made to depart from the Blood, and by them all our natural Functions perform their Offices; so long as they are neither defective, nor do they exceed in Quantity, so long are all the aforesaid Things done in a proper Manner; but if on the other hand, they exceed or become deficient, then do we hear of Diseases, as you may see in all physical Authors: This is the manner by which Nature is explained.

Nature is said to be strong, when the Patients have much Blood and Spirits, and when they act with Vigour and Strength in all their Exercises; but on the other hand, she is said to be weak, when they have not Power to stir, and when they betray an Inability of all kinds; then indeed we must act with Caution: In the first Case, Physick may be given freely, but not so in the latter.

#### *The Causes of Distempers.*

That is said to be the Cause of a Distemper which makes it present; it is almost always real, or really produces a new State in the Solids and Fluids, which is in a manner the Distemper itself, or the Cause of a Disease takes away that which is requisite to the Exercise of the Functions.

If it remains some time in the Body before the Effect be produced, it is called internal; but if it comes from without, and applied to the Body produces a Distemper, it is called external. Internal Causes commonly affect the Humours first, and then the solid Parts; external Causes chiefly work upon the Solids, and then the Humours; except in a few venomous and contagious Distempers.

The proximate, or most immediate Cause, is all that which occasions the present Illness; and this is always the intire, sufficient, and present Cause of the whole Distemper; whether it be simple or compound. The Presence hereof makes and continues  
the



the Disease; and the Absence takes it away. It is almost the same Individual with the whole Distemper; and, therefore, it is very useful and necessary to be inquired into.

The remote Cause, inherent in the Body, is called the predisposing Cause, and is either the Temper, a Plethora, or Cacoehymia. The Cause which is accessory to the remote Cause, excites and stirs it up, so that joined together, they make the Distemper; and this is called the procatartic Cause, or the Occasion. This puts the predisposed Causes in Action, so as to produce the Distemper.

The *Salts* in the *Serum of the Blood*, the *Bile*, and *insensible Perspiration* stop'd, are the Causes of most Distempers.

When the *Serum* is over-seasoned with muriatic Salt, it occasions Catarrhs, Coughs, Consumptions, Putrefaction, Scurvy, cutaneous Eruptions and Ulcers.

When the *Serum* abounds too much, it causeth Coldness of Constitution, Thinness and Poverty of Blood, Rheums, Dropsy, Chlorosis, and Tumors by Congestion.

When it is not plentiful enough, there follows Thickness of Blood, Obstructions, Inflammations, hot, dry Constitutions, hectic Fevers, and Atrophy.

The *Bile* may meet the viliated Humours in the Intestines and Stomach, where (according to the degree of Fermentation they make with it) they may produce either Hiccups, Heartburn, Loathing, and Aversion to Food, Vomiting, Cholera Morbus, Hic Passion, Cholic, Gripes, Flatulencies, Diarrheas, Dysenteries, acute Distempers, Fevers, Convulsions, or hypochondriac and hysteric Disorders.

Cold Air and obstructed Perspiration, causes Obstructions, Inflammations, phlegmatick Diseases, sore Eyes, Catarrhs, or serous Defluxions upon all the

Parts of the Body, Coughs, Asthma's, Consumptions, Pleurifies, internal Abscesses, Quinsies, Erysipelas, Rheumatism, Sleepiness, Fevers, Hemorrhages, Hemorrhoids, Diarrheas, Cholics, Vapours, Scurvy, cutaneous Eruptions, and sharp Pains.

When the Winter is extremely cold, and the Frost continuing without any Intermission 'till the Spring, is suddenly thawed, and succeeded by a hot Season, it occasions Inflammations of the Lungs, Pleurifies, Quinsies, and such like inflammatory Diseases, and often continual Fevers.

Hot Air, dries up the Moisture of the Eyes, Mouth, Nostrils, and Wind-pipe; heats the Blood too much in the Lungs, from hence a great many Distempers proceed. It consumes the thin Humours externally, and too much digests what remains within: It dissipates the most volatile, thickens and dries the grosser, and thus, continually, diminishes the watry-spirituos, and volatile saline Parts; but increases and heaps up the more fixed Salts, the thick and cloggy Oils; as also the sharp Salts, with the more fixed and earthy Parts.

This makes the Humours unfit to discharge, and debilitates and weakens the solid Parts; from whence proceed Obstructions, Driness and Inflammation, want of Concoction, Putrefaction, Costiveness, Thirst, Strangury, high coloured Urine, cholic Humours, acute and hot Distempers, and is prejudicial to the Nerves, Lymphatics, and their Actions. The Air when cold, shortens the solid Fibres, thickens and strengthens them; which increases their Action upon the Humours; but when it grows warm it dissolves and destroys them.

If the Air be too moist, it relaxes and weakens the Fibres, especially in the Lungs, it retains and encreases the Serum in the Lungs, and hinders Perspiration, which occasions Coughs, Peripneumonias, Diarrheas, Numbness and Fevers. If much Heat attends,

tends, it produces Putrefaction; if much cold, a great deal of phlegmy Serum. And when the Air is too dry, it has much the same Effects as too much Heat. Moist Air is a great Enemy to hypochondriac and hysteric Persons; for a rainy Day will make us vapourish and dull.

Meat and Drink may produce Distempers, by an Error in Quantity and Quality. If we be erroneous in Quantity, the Stomach is too much distended, and a Convulsion being raised by that means, contracts the Mouths of the Stomach, and its Vessels are compressed; by which Dilution, Digestion, Attrition, Separation and Expulsion are hindered; and the Quantity of Liquors assisting Digestion, disproportioned to the Quantity of the Contents; which hinders also the Action of the Part.

This great Load upon the Stomach obstructs Respiration, and occasions a Difficulty in that Action, perverts the Circulation of the Humours, occasions Crudities, Belching, Loathing, the Heartburn, Vomiting, Putrefaction, Giddiness in the Head, Confusion, an ill Habit of Body; all which thus, at once, attending the Faults of this Place, are scarce corrected in the following Actions of the Body, and thus the Blood is filled with Crudities. See the various Kinds and Qualities of Aliment, their good and bad Effects in my Treatise of Foods.

*The Symptoms or Effects of Distempers.*

That which appears preternatural in a distempered Body, and flowing from the Distemper, as from a Cause, shews itself so, that it may be distinguished from the Disease itself, and the immediate Cause thereof, is called a Symptom of that Disease; but if it flow from the Cause of the Distemper, it is called a Symptom of the Cause.



These Symptoms, which at first only proceeded from the Distemper, as their Cause, again become Distempers themselves, in Number, Variety, and Effect very different, yet commodiously applied by the Ancients to perverted Actions, the Faults of Things retained, and Excrements, and the altered Qualities of the Body.

The first Class of these is digested according to the Series, or Order of the Actions diminished, abolished, increased or depraved; whence they first begin with the Symptoms of the Appetite to Meat or Drink: And thus the first Degree is, that of Appetite diminished; the next Appetite lost; thirdly, a Nausea, or an Abhorrence of Food; fourthly, an Increase of it above what is natural; fifthly, a Pica or insatiable Appetite, for what may be digested or is not fit to eat.

The Causes of these Symptoms are commonly viscid Phlegm, want of Bile, or the saline Humour, a relaxed State of the Fibres, or a Palsy, acrid, acid, saline, or bilious Humours in the Stomach and Guts. Worms, a sharp Humour being predominant, and not to be appeased without continual swallowing of Food, a depraved Imagination, especially in Women with Child. An unsatisfied Desire of Drink, and an extravagant Thirst, arises from too much Driness, or too great Thickness of the Saliva, from too much Heat, or an acrid, muriatic, alkaline, or oily-burnt Salt.

The first Species of the Action of the Stomach hurt are Apepsia, or want of Digestion; and bad Digestion or Corruption of the Food in the Stomach, occasioning acid or nidorous Belchings; when these happen, the Causes are much like those of a Loss of Appetite, together with a great Deficiency and Unactiveness of the Saliva from the Mouth, and in the Stomach, the languid Motion of the Organ's Respiration, Filth in the Stomach or Worms; quick Digestion,

gestion, if good, is seldom a Distemper; but if too great, the Cause appears from that of too craving an Appetite.

The Faults in the Expulsion of the Contents of the Stomach, are the Hiccup, Loathing, Vomiting, Cholera Morbus, and Belching. The first of which, as it seems to be a Convulsion of the Œsophagus, drawing the Stomach, and the Diaphragm upwards, the Cause of it is reckoned to be the quick swallowing of too much Food, or the Quantity of what is contained in the Stomach, Acrimony remaining therein, Inflammation of the Gullet, Stomach, or Diaphragm, Convulsions from too great Evacuation, or the Excess of Vomiting, and from strong Poisons.

Loathing and Vomiting are spasmodic or convulsive Motions of the Gullet, Stomach and Guts; and also strong Convulsions of the Diaphragm, and Muscles of the Abdomen; when they are moderate, cause a Heaving or Loathing, but when more violent, a Vomiting. And these proceed from too great a Quantity or an Acrimony of the Contents of the Stomach; also from Poisons, the Brain hurt by Wounds or Inflammation; from Inflammation of the Diaphragm, Stomach, Guts and Kidneys; from a troublesome and disturbed Motion of the Spirits by unusual Tossings in a Coach or Ship, or by the Idea of something that hath often caused Nausea or Vomiting.

But the violent Expulsion of Choler upwards and downwards from the Stomach and Intestines, is called Cholera Morbus; and is a Convulsion of the Stomach, which occasions Vomiting, and also a strong Convulsion of the Guts downwards; and so the Causes are the same, but commonly more violent, and chiefly comes upon the eating of Fruit, and Heat of the Season in the Month of *August*.

Belching is an explosive Eruption of elastic Matter, or Air, compressed by the convulsive Contraction of the Fibres of the Gullet, Stomach and Guts, which ceases as soon as those are free; this proceeds from Crudities, Putrefaction, acid Humours, Fruit, new Wine, fermented Liquors, a great deal of Acrimony, convulsive Distempers and Poisons.

The expulsive Faculty of the Intestines and Stomach, is also hurt in a Lientery, which is a quick Expulsion of the Food by Stool, and whatever is contained in the Stomach, without being altered by Digestion, the Cause of which is the Unactiveness of the Humours, as in want of Appetite and Digestion, the Stomach and Intestines being very much relaxed.

If Chyle be discharged along with the Excrements, it is called the Celiac Affection, the Cause of which is the Stomach being strong enough, and the Humours that flow from it, whilst the Intestines are too much relaxed, or the Mouths of the lacteal Vessels are, by some Means or other, obstructed.

A *Diarrhea* is a frequent and plentiful Discharge of thin Excrements by Stool, proceeding from Meat and Drink, or a great Quantity of other Liquors laid down in the Guts. The Cause is a sharp Humour twinging the Intestines, and pressing out Fluids from the Hepatic, Pancreatic, Mesenteric and Intestinal Vessels, the Mouths of the Mesenteric Veins and Lacteals being obstructed, the Fibres of the Intestines much relaxed, and the Excretions by that means hindered.

A *Dysentery* is a *Diarrhea* attended with Pain, the Matter the same with that of a *Diarrhea*, but sharper; to which are added Blood, the Mucus of the Intestines, Matter, Sanies, black Choler, Pieces of Fibres and Membranes, so that it hath the same Cause, only more violent, which is often the Acrimony of some Humours, an Inflammation, an Ulcer, a Gangrene



grene of the Intestines or Parts thereof, that lay down and discharge their Filth herein.

The *Iliac Passion* is a violent Discharge by the Mouth of those Things which are taken as Aliment, or Medicines, or Chyle, Choler, Serum of the Stomach, Excrement of the Guts, and Glysters themselves. The proximate or immediate Cause of this Symptom is the inverted Motion of the Fibres of the Intestines, Stomach and Gullet; but the more remote Cause is Inflammation, a rolling of the Guts, a Schirrus, hard Excrements, a Rupture, or Convulsions of the Intestines.

If the Separation or Excretion of Choler into the Intestines be hurt, the Symptoms that follow are, the Jaundice, a cholerick Indisposition, Stones and Tumor of the Liver; Obstructions, which occasion white, hard, dry Excrements, a Loss of Appetite and Indigestion of Food, a Tympany or Dropsy: The Cause commonly is an Inflammation of the Liver, with Driness and Obstruction, a Thickness of its Humours, and of the Viscera of the Abdomen.

The Change of the Blood in the Heart is its Reception, Stay and Expulsion, which, if they are too quick, as to Motion, occasion hot, strong, burning Fevers; but if the Stay there be longer, and the Expulsion weaker, then the Strength languishes, and Polypus's breed or Phlegm; the Blood is cold and occasions Dropsies, and a great many such like Distempers.

When the Action of the Lungs is hurt, it consists first, in the Increase or Decrease of its Efficacy upon the Blood; from the first, arises a hot Disposition; from the last, an Impediment in perfecting Sanguification and Nutrition, from whence proceed a Cachexy, an Atrophy, Phthisis, and a great many more bad Distempers. An Asthma rises chiefly from the convulsive Contraction of the muscular Fibres of the Lungs, but often from viscid Chyle, thick or slimy Juices.

The

The principal Symptoms of the Secretion of Urine being hurt, are first, an Ischuria, or a total Retention of Urine, without any Separation. The primary Causes of which are a Plethora, an Inflammation of the Kidneys, Ureters or Bladder, or its Neck, or of the Urethra; also a Spasmus or violent Contraction of those Parts; a Pressure or Obstruction by a Stone, Tumor, Phlegm or Matter.

This brings to my Mind that Ischury which sometimes happens by holding the Urine too long; for the Bladder is then so distended that it cannot contract its Coats and protrude its Contents: In this dangerous Case, if you give Diuretics, you destroy the Patients. You must keep them fasting, bleed, and put their Legs into cold Water; if this Method fails pass a Catheter.

The second is *Dysuria*, that Case, when Water is made with great Trouble and Pain; of which Species is that we call the Strangury, where the Water is made Drop by Drop, with a kind of burning Heat. The Cause of both is the Acrimony of new Beer or Wine; also acid Acrimony, salt Things, alkalious and bilious Humours, Bladder or Urethrae excoriated, by Inflammation or an Ulcer, or a Stone, or by the Application of Epispastics.

It is called *Incontinentiæ Urinæ*, when it flows out without the Consent of the Will, or the Force of Respiration; it is occasioned most commonly by the Fibres of the Sphincter Muscle of the Bladder being relaxed, dilated or separated by Cutting, consumed by Suppuration, or putrified by a Gangrene.

The *Diabetes* is when the Person makes chylous or milky Water often, and in great Quantities. The Cause of it is reckoned to be too great a Relaxation of the Ends of the Arteries in the Kidneys, as well as the emissary Vessels that pass to the Pelvis; the Humours being also much diluted, which are both occasioned; and produced by watery Fluids.

*An Apoplexy* is the sudden and entire Loss of the external Senses, as well as internal, and all voluntary Motion, Respiration, and the Pulse continuing. The Cause of it is, whatever in the Brain can hinder the Flux of the Spirits from thence through the Nerves, as all Compressions of the Brain do, by Fractures, Tumors, Compressions of the Scull in Childhood, bloody, serous, purulent or phlegmatic Humours, stagnating or extravasated within the Scull.

*A Palsy* is an Incapacity of moving the relaxed Muscles, for want of Spirits flowing into the Fibres of them, or arterial Blood into its Vessels, through a Default in the Brain, Nerves, the Muscles, or of the Arteries. *A Paraplegy* is a Loss of the Motion of all the Muscles under the Head: The Fault is at the beginning of the spinal Marrow. *An Hemiplegy* is the same kind of Disease on one Side of the Body; the Fault is on one Side of the Brain or spinal Marrow. From whence the Palsy of any Part may be easily understood.

*The Epilepsy or Falling-Sickness* is a sudden and total Loss of external and internal Senses, and of voluntary Motion, with violent and reciprocal Convulsions. *A Vertigo* is when Objects seem to turn round, with a staggering Motion of the Limbs; the Causes of both these Disorders are much the same as in an Apoplexy, but gentler.

*A Spasmus or Convulsion* is a violent and involuntary Contraction of the Muscles, with a Motion of the Parts whereto the Muscles are connected; the Reason of which is the violent and continued Reflux of the nervous Juice into the Muscles; but the Causes of this are various, being either in the Blood, the Brain, the Nerves, Muscles or Scull.

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*The Diagnosticks and Prognosticks, or the Knowledge of  
the Signs and Events of Distempers.*

Since a Disease is an Effect depending upon its Cause, it is a particular Thing distinct from all others, and therefore to be accurately known in its proper and particular Nature, that it may be cured.

The forementioned Effects, and those called Causes, as they are counted sensible themselves, are called Phænomena; and these are commonly termed Signs, when by them known to the Senses, we can rationally demonstrate the Presence, Nature, State and Event, both of Health, Diseases and Death.

These are called Diagnosticks, when they denounce and shew the present Condition of a Body, whether alive, sound, sick, or likely to die, and near what Time. But if they foretel what is to come, then they are called Prognosticks. But in the Distinction of Diseases, that Sign which is proper to the Distemper, and inseparable from it, as rising from its Nature, is called Pathognomic. The Knowledge whereof is very necessary and useful, and often hard to be obtained, but always attends the Distemper, as long as it continues the same, and does not degenerate; but it often consists in a Conjunction of several concurring Signs.

Those Signs which teach us the Variation or Degeneration of a Disease, and shew its altered State, are called accessory Signs; the Force of which are so beneficial in the Knowledge and Cure of Distempers, that nothing can be more helpful in Practice, and the greatest Mischances and Blunders happen therein, when these are neglected.

But since all these are Effects produced from the Cause of a Disease, the Disease itself, and its Symptoms which are continually changing; they therefore give the present State and Condition of the Matter

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at every Change ; and so are commonly reduced to these three Classes : First, Crudity or Concoction : Secondly, Termination in Health, a Distemper or Death : Thirdly, Separation and Excretion of concocted Matter ; and these are therefore called decretory or critical Signs.

*The Signs of a future Disease are taken, First, from the unusual Change of any Function or Action, especially from the Diminution of Perspiration, unusual Weariness and Dulness, or Heaviness. Secondly, from the Knowledge of every Man's Temper, and the particular Structure of his Body. Thirdly, from the Knowledge of the procatartic or occasioning Cause. Fourthly, from the Knowledge of epidemic Distempers which reign at certain Times.*

*The Signs of a present Distemper respect its Causes, Symptoms, State and Event. The Signs which shew the Nature of the Cause, are to be taken, First, from the Observation of those Things, that being applied or to be applied, occasion Distempers. Secondly, from the peculiar Disposition ; and Thirdly, from the Nature of the Effects observable by the Senses.*

*The Signs of acute Distempers in the Humours are taken, First, from the Swiftmess and Violence of the Beginning of the Distemper. Secondly, the Violence of the Symptoms. Thirdly, the Functions hurt. Fourthly, the Excrements. Fifthly, the epidemic Constitution. Sixthly, the Season of the Year. Seventhly, the Sex, Age, Life and Temper of the sick Person. If these Signs are all strong, they shew Danger, if gentle, they promise well.*

*The Signs of too great Thinness or Fluidity of the Humours are plentiful Perspiration, a great deal of Sweat, Urine and Spittle ; loose and large Stools ; Leanness and Contraction of the whole Body ; Weakness, Thirst, Indisposition to Motion ; in which Case thickening Things are good.*

Signs

*Signs of too much Thickness and Viscosity* are Tumor, Pain, Uneasiness, Circulation, Secretion, and Excretion hindered and become slower; if with these Signs, Cold also appears, it shews Phlegm; but if great Heat attends, it denotes a thick inflammatory Humour. From whence we may understand the Signs of Water, Salt, Oil or Earth predominant.

*The Signs of Acrimony in the Humours* are Pain without Motion increased, or any apparent great Obstruction; as also the Corrosion of the Part without any present Tumor. The alkaline Acrimony is most natural to human Bodies, because all animal Substances are alkalescent.

*The Signs of an acid Acrimony* are four Belchings, a craving Appetite, cholical Pains, dry Gripes, Change of the Colour of the Bile from yellow towards green; a sour Smell in the Excrements and Sweat, Paleness of the Skin, Lowness of the Pulse, and some sort of Eruptions of the Skin.

The chief Seat of Acidity is in the Stomach and Intestines, from whence it will sometimes pass into the Blood and other Juices; Eruptions not inflammatory, nor tending to Suppuration, point rather to an acid than an alkaline Cause, and the Success of the Cure demonstrates the same, such being often healed by alkaline Salts.

*Signs of an alkalious Acrimony* are Heat, Thirst, hot nidorse Belchings, Foulness of the Tongue and Palate, a bitter and hot Taste in the Mouth, Sickness, Loathing, bilious Vomitings, Stools with a fetid Smell, thick, brown, frothy, fetid Urine, Pains in the Belly, with Heat. All these, excepting the Urine, are Symptoms of an alkaline State of the Humours in the Stomach and Bowels.

Such a State disposeth the Humours of the whole Body to Heat, Inflammation and Putrefaction, and all the dreadful Symptoms of malignant and pestilential Fevers, dissolves the Blood, hinders Nutrition,



tion, and often causeth Eruptions on the Skin, dark, livid, lead-coloured and gangrenous, and what is commonly called the hot Scurvy, Acids are serviceable.

*Signs of a muriatic Acrimony* are a salt Taste, a gentle Corrosion, an Itching, which occasions Redness, a great and continual Thirst scarce to be quenched; a Driness and Roughness; salt Urine, with a thick Sediment and a thin Scum, like a Skin swimming upon it; in which Case watery Things are good.

The Tongue affords the most certain and naked View of the State of the Blood than any other Sign, an acid Taste upon the Tongue, betrays the acid Constitution of the Blood, and that of the other Humours derived from thence; a salt Taste, speaks the Saltness of the Blood; a bitter Taste, its abounding with bitter Particles; a viscid, mucous, insipid Taste, speaks plenty of the like Particles; if the Tongue is moist, so is the Constitution of the Blood; if dry, then the Blood is of a dry inflammatory Nature.

Other Signs do frequently deceive us, but this seldom or never: Take Care then that you never visit a Patient without minding the Tongue, let the Disease be what it will, especially if you suspect internal Inflammations; for these you may certainly know from the Tongue, which dries upon the least inflammatory Disposition, and grows drier and drier as the Inflammation rises.

Great Care must be taken to observe what agrees with our Patient; we must avoid what they have an Aversion to, or what disagrees with them: Suppose there be no natural Antipathy against any Diet, and yet it disagrees, it gives a fair Hint to a Physician of the Cause of a Disease; for Example,

If Puddings or Eggs disagree with their Stomachs, and they had no Aversion to this Diet, when they enjoyed Health, it is a Sign that a viscid Diet is prejudicial

judicial to their Disease, and that such Diet as is known to enjoy contrary Properties, will be convenient either in Diet or Drugs. Physicians sometimes have no other Method to judge of the Cause of a Distemper, and a very good one it is, if it be rightly applied.

The Knowledge of Coction and a Crisis are very necessary to make a true Judgment of Distempers; and this is chiefly to be acquired by the Knowledge of the vital Functions, which is chiefly to be judged of by the Pulse and Respiration; and since Urine is an Excrement separated from the whole Mass of Blood, and thrust out by the Force of Nature, this also ought to be carefully considered, to see how far it may shew the Disposition of the Blood, and the Degrees of Concoction.

If we would certainly know what is like to follow in Diseases, we should make a Comparison between the Patient's Strength, and the Violence of the Disease; for if Nature be strong, the Patients have Reason to hope well; but if their Spirits are exhausted, they have Reason to dread every little Symptom.

And these Things are best guessed at from the Functions and Secretions, which if they be rightly performed, all goes well; if the animal Spirits be sufficient, if the Circulation be well performed, and if our Appetite and Digestion be little injured, then Diseases may be easily bore; but if the contrary happens, Death must ensue.

*The curative Indications of Distempers.*

The distempered Humours being understood, indicate their Alteration, or Evacuation and Discharge, and that in the whole or the Part affected alone.

The Fault of a Humour fixed in any one single Part, always implies the Grossness of the Humour, or the ill Condition of the solid Part, and therefore in-

dicates a Change of the Humour as well as the Vessels that may both conspire to a free Passage.

When a Humour is too gross to pass through a Part, it may be rendered fit to circulate; First, by diluting watery Things warm, either in Drink or Baths, applied to the obstructed Part. Secondly, by saline Resolvents, as *Nitre*, *Sal Prunella*, *Sal Armoniac*, &c. Thirdly, by those Things which are contrary to the Cause of the Coagulation, as when it arises from Acids, by the Use of Alkalies; when from a glutinous or phlegmatic Cause, by Things of a soapy Nature with Nitre, or by those of an aromatic and spirituous Nature, which stimulate and correct the Humours inwardly.

If the Passage be stopped up and obstructed, it may be relieved; First, by opening it with emollient Fomentations and saline Ingredients. Secondly, by cherishing and mollifying the Matter lodged in the Part, with such Things as soften and tend to Putrefaction and Suppuration, and to reduce the Matter into Pus, which is done by mild Meals, as of Oats, Barley, Beans, Rye, Wheat, Linseed, Fenugreek-Seed, Althea Roots, &c. roasted Onions and Figs. Thirdly, by opening the Way for the Matter thus prepared, by Section or Caustics.

The Faults of the Humours vitiated in the whole Mass being known, as have been shewn in the Diagnostics, indicate the contrary Medicines. Too much Thinness or Fluidity requires Thickening, as by Gellies made of the Parts of Animals and Vegetables; and Drink prepared of Water thickened by Meal without Fermentation, the Actions of the Viscera being encreased and promoted by a good Diet, Exercise and Air, and confirmed also by the Use of proper Cordials and corroborating Medicines.

If the Humours be too thick, they are to be attenuated by thin and light Diet, as Broths boiled with attenuating Herbs, as Fennel, Parsley, Suc-



cory, &c. As also by Mustard, Scurvy-grass, and aromatic Spices. By diluting likewise with Drinks and Baths made of watery Things, and assisted with Heat or Exercise. Also by Vomiting, Purgings, Sudorifics, Diuretics, Blistering, or mercurial Medicines. Lastly, by strong Resolvents, as fixed Alkalies, volatile and soapy Salts, and Medicines compounded of such.

Too much Motion of the Humours in Circulation, Separation and Expulsion, indicate the appeasing of that Motion, which is to be done by taking from that stimulating Quality, which excites the Fibres thereto, and also by correcting it with its Contraries; which is done by blunting the Force of the Humour, by diminishing the Quantity of the Mass of Humours, and laying them quiet by the Use of Opiates and Anodynes. But if the Motion be too little, take away the Impediment, by the Use of Evacuants, Attenuants, and cordial strengthening Medicines.

The Acrimony of the Humours being also known, indicate the dulling of that Sharpness by Diet, made of such Things as are almost insipid; for Example, Meal, Gellies, and soft oily Things, as weak Broth, Milk with Bread, fresh Almonds, Walnuts and Chocolate; sweet Fruit perfectly ripe; drinking of Water, and Quietness of Mind and Body; by diluting the Humours with watery Lenients, a little oily and emollient in Ptisans or Emulsions, and lastly by Opiates and Anodynes.

If the Humour be acid and acrid, that Sharpness may be corrected by convenient Diet, as Eggs, Flesh and Fish, with watery and fat oily Drink, as Canary, Spanish Wine, Mead and Mum, Cheerfulness of Mind is also requisite, and absorbing Medicines, as Crabs Eyes and Claws, Coral and Chalk; also fat Earths, as the Armenian and Japan, Dragons Blood and Filings of Iron, reduced by rusting and grinding;

grinding; volatile alkaline Salts, and fixed and lixiviate ones; also Emollients and oily Things, which blunt the Edges of such Humours; and lastly, soft watery Diluters.

*Alkaline acrid Humours* require a Diet consisting of Milk and Whey; acid, mealy Substances, and Fruit; the Drink thin and acidulated; and such Medicines as may alter the Humour into a soft compounded Salt fit for Circulation; such are all Acids, sharp acid Whey, Butter-Milk, Sour-Milk, Sorrel, Barberries, Currants, Juice of Lemmons, Oranges, Rhenish Wine, Vinegar, Cream of Tartar, Tartar of Vitriol, Spirit of Nitre, Salt, Sulphur and Vitriol, which dull the acrid alkaline Parts by being admitted into their Pores; also soft fat Earths, as the Armenian and Japan, or soft expressed Oils, Sulphur, and soft watery Diluters.

*Muriatic, or Sea-Salt joined with Acrimony*, indicate a Diet altogether without Salt; as watery Drink slightly acidulated with Spirit, and emollient and diluting Medicines; and those Things in general that destroy and serve to take away Acrimony. This saline Acrimony and the Scurvy is best cured by Acids, as Cream of Tartar, Tartar of Vitriol, Spirit of Nitre, Juice of Lemons; Oranges, &c. and aqueous Liquors. If we cannot find out the Species of the Acrimony, it is then safest to dilute well with fresh Water, Water-Gruel or Whey; for all Acrimonies are safely and conveniently diluted, and carried off by Water.

Whosoever duly considers what have been here delivered, and hath read *Hippocrates*, or is acquainted with Medicines, will soon find out such as are fit to promote Coction, and a Crisis in acute or chronic Distempers: These Intentions, consisting chiefly in attenuating what is too thick, opening Obstructions, mollifying sharp Humours, moderating the Blood's

Motion, tempering its Agitation, or strengthening the relaxed Parts.

A great Variety of Distempers may arise from the same simple and material efficient Cause, if applied to different Parts of the Body. Nay a great many severe Diseases are owing only to the varied Motion of the animal Spirits, and barely to Obstructions; and lastly, only from Cramps or convulsive Contractions, Wind, small Stimuli and Poisons; and hence it is evident that a great many Distempers may be cured with one Medicine. The most universal Medicines hitherto known are Water, Sulphur, Mercury and Opium.

*A good Regimen, one of the most effectual Remedies in all kinds of Diseases.*

It is now highly convenient to give full and particular Directions in Sickness, that when we have any Patients labouring under Diseases, we may know how to regulate them, in Relation to their Diet; for it is certain that many are cured of Diseases by the Strength of Nature, only assisted by Kitchen Physick.

And it is certain also that Physick unassisted by a Regulation of this Kind never avails, because the Patients offend as much by an ill Regimen, as they profit by taking Drugs regularly, and so it happens that they amend slowly, or not at all, whilst their Physicians are at a stand to know why they do not advance according to Expectation; wherefore I shall begin first with Fevers.

#### *Continual FEVERS.*

A simple continual Fever, is the Continuance of an increased Velocity, in the Circulation of the Blood, beyond what is natural to the Constitution; if this Velocity



Velocity often decreases, and afterwards rises to the same Height, it is a continual periodical Fever, and if it entirely ceases in the Space of a Day or two, it is called an Ephemeris.

The Causes of Fevers may be many and various ; as Anger, hard Drinking, high Feeding, the taking of Cold, or an obstructed Perspiration, which creating a Plenitude of the Vessels, is supposed to be the most general Cause : All Fevers seem to proceed immediately from the Quantity, Quality, or Motion of the Blood, being vitiated.

The Diagnosticks of a Fever are, first, a quick Pulse ; secondly, an universal Heat, creating great Uneasiness ; thirdly, a Pain sometimes universal, at others, particular ; as in the Loins, and frequently on the Head, arising from the Distension of the Vessels by the Rarefaction of the Blood.

Fourthly, Watching, occasioned by the Separation of more animal Spirits than usual. Fifthly, a Driness of the Tongue, and Thirst caused by a Defect of Saliva, from the Heat and Motion of the Blood. Sixthly, a Want of Appetite proceeding from a Distension of the Vessels in the Stomach, which causes a Pressure of the nervous Coat, not unlike the Pressure felt after Eating.

Seventhly, a Difficulty of Breathing, which may proceed from the Rarefaction of the Blood, causing a Plenitude in the pulmonary Vessels. Eighthly, Convulsions, or the Inflation of one Muscle without its Antagonist ; but these rarely happen in simple continual Fevers, unless complicated with other Diseases.

Ninthly, Drowsiness, which seldom comes on but when the Blood is corrupted, or its Texture spoiled. Tenthly, Spots and Pustules generally red or livid, occasioned by the broken Texture of the Blood, whose red Globules now transude, instead of causing a Rupture.

## P R O G N O S T I C S.

• An even Pulse, a free Diaphoresis, and a plentiful one about the Time that a Separation appears in the Urine, are good Signs. If a continual Fever intermits, it usually goes off so. A Diarrhea, if moderate, as also a Hemorrhage, about the Time of the Crisis is good. If a Sediment appear in the Urine, it is a Sign of Recovery.

## *The C U R E.*

In depressed Fevers, allow a little white Wine to the Panada, sometimes Chicken Broth ; to which, in Case of a Diarrhea, may be added Raf. C. C. If the Patient be very weak, and no Symptoms contra-indicate, a Glass of Wine and Water, with a Toast, may be now and then permitted.

If Persons in slow Fevers are attacked with a Drowsiness, from Humours seizing on the Brain, or with Pains there, a little Coffee is allowable to disperse these Humours, and to carry them off by Urine. In Fevers, Tea is a most agreeable Liquor, and they generally like it for quelling their insatiable Thirst.

In inflammatory Fevers, Wine ought to be forbid, or very moderately used, white Wine Whey may be indulged ; Water-Gruel and Barley Water are excellent ; Sage Tea will serve for a Change ; at the Declension a Glass of Sack diluted may do Service ; and here Table Beer, with a Toast, may be more freely used.

• Cyder Whey is an excellent Dissolvent and attenuant Drink, more grateful to the Stomach than Whey made of white Wine or Canary, and more effectual to thin the Fluids, and is an excellent Drink in both continual and remitting Fevers.

• A Vomit is so necessary in a Fever when any Inclination to vomiting went before, that unless that Humour be evacuated, it will occasion many difficult Symptoms that will obstruct the Cure, and much endanger the Sick; a Looseness most commonly follows in the Declination of the Fever, when Vomits were omitted, when indicated.

• Lenients to empty the Guts are proper at any time of the Fever; but let no violent Diaphoretic be given in acute Fevers before the seventh Day, for the peccant Matter being yet crude and mixed with good Juices, you'll either inflame the Fever, or stifle the Patient; therefore the Disease does not yield to such Remedies 'till the Signs of Concoction appear.

And truly in the curing of all Fevers, he hits the Mark best, who certainly knows by which way the febrile Matter is to be excluded, viz. by Bleeding, Sweating, Purging, or any other more proper way.

• Sometimes a Phrenzy happens in Fevers, and kills the Patient, unless the Inflammation be restrained; in this case (after Bleeding and the Injection of a Glyster or two) Spirit of Vitriol dropped into small Beer for ordinary Drink, will in a few Days conquer the Symptoms, and cure the Patient.

An *Ephemera*, or a Fever of one Day, is cured by Abstinence, Rest, and Diluting; and the same Method will prove effectual if the Fever lasts several Days, and is not putrid, bleed, use a cooling Diet, and cooling Medicines.

• Ardent Fevers are known to be such by the extreme burning Heat of the Patient's Flesh; a quick and strong Pulse; a yellow, black, burnt, and rough Tongue, and an unquenchable Thirst. The Fluids are too thick, so the Fibres, and Vessels are too rigid.

In such burning Fevers, with great Inflammation and Obstruction of the capillary Vessels, the curative Indications are, by proper refrigerating Dissolvents



to abate the febrile Heat, and thin the Fluids; and by suitable Emollients, Relaxants, and Diluents to take off the Rigidity of the Vessels.

After Bleeding, give nitrous and acid Medicines, which are most effectual in curing these Fevers; such as Sal Nitri, Sal Prunella, Cremor Tartari, Tartarum Vitriolatum, Spiritus Sulphuris, Vitrioli, Succus Lemonum, et Aurantiorum Acidorum, Decoctum Coccinei Fulleri, and the Decoction of Tamarinds.

When the Crisis begins to appear, that is, when the Urine begins to have a Sediment, we may safely give gentle Diaphoretics proper to promote the Crisis; for the mixing a small Proportion of some warm Ingredients (such as Rad. Serpent. Virg. Sal-Succini, &c.) with these cooling Salts is in many Cases very serviceable.

The drinking plentifully of proper Liquors is necessary not only in Fevers resulting from inspissating Causes, but also in those produced by dissolvent Causes, and where the Blood is too thin, because it will dilute the acrid Humours, and set the dissolvent Particles at a greater Distance from each other; and thereby abate their Influence and Agency.

2. Because it may wash off, and carry away thro' the excretory Ducts many of the acrid dissolvent Particles. For these Reasons, even under putrid Fevers, sick Persons ought to be directed to agreeable, pleasant, and proper Drinks, and advised to drink freely of them.

#### *APHRENZY and a Weakness of SPIRITS.*

An Inflammation of the Brain, along with a dispirited Condition, may meet in one Patient, in a Fever. To cure the Inflammation, Bleeding would be absolutely necessary, in order to deplete the Vessels so far, as that gentle Aperients, added to watery Liquors,

quors, may dissolve the Coagulum stagnating in the Capillary Fibres of the Meninges, and push it into Motion, and thus relieve the Inflammation ; but the want of Spirits will be so much worsted by this Procedure, that it will not be possible for them to survive it : However, if the Evacuation be well managed, and gradually done, (giving Cordials to support the Spirits) it must be attempted, and will often succeed.

*The Methods used in critical Translations of DISEASES.*

A Disease may be translated from within to the extreme Parts, or from the external to internal Parts ; the first is generally critical, but the latter (generally) symptomatical ; generally, I say, because if the Matter translated from without to the internal Parts is evacuated, this is equally a critical Translation.

*E. G.*

If then any Tumour should be critically expelled, which may be known to be such, by the Disappearance of the perplexing Symptoms which afflicted your Patient before the Eruption ; we must make use of such external Remedies as will invite the plentiful Afflux of morbid Matter to the Tumour ; and give internally Alexipharmics to promote its Expulsion, that it may be evacuated by the Part which receives it.

In like manner, if a Parotis behind the Ear should happen upon a Fever, the deleterious Humour, which is critically expelled, must by no means be thrown back again into the Blood ; but we must relax the Fibres with unctuous Medicines, that the Part affected may give free Inlet to the influent Humour, and engage it there, and then we must secure it by Suppuratives.

• If in any eruptive Fever, where the Pustules or Eruptions begin to fade, a Diarrhea, a Flux of Urine, or any other natural or critical Flux should succeed them ;

them ; the Translation is useful, and therefore ought to be encouraged, which will effectually carry off the Disorder.

A Crisis is a Battle or Duel between Nature and the Disease. In Fevers, the purulent Matter may be critically translated to the Pores, the Anus, the Bladder, the Stomach, the extreme Parts, and even to the Nostrils ; if this is done by Nature's Endeavour, 'tis so much the more agreeable and certain.

By Nature I mean, when some Concoction has preceded, but even Art may have some Part in such a Translation ; for Lenients may be used to translate the morbid Matter to the Anus, Diaphoretics to the Pores, and Blisters do it with Success to the Skin, and the very Ichor in such a case is morbid ; I speak only with regard to some previous Concoction.

*The Method to be used in FEVERS, which yield not easily to critical Evacuations.*

If a Patient upon a concocted Urine, at the State of a Fever, falls into such sparing Sweats, as only to abate the Fever, and the Fierceness of the Symptoms ; and if Nature attempt no further Evacuation, nor can they be produced by Art, recourse must be had to gentle Lenients, in order to carry off the Remnant of Matter in the Blood, which will often succeed, and all the Symptoms abate ; and upon Repetition of them, the Fever will be entirely cured.

In a partial Crisis, whether in simple, putrid, or malignant Fevers, where some Share of the peccant Matter is evacuated by Sweats, Urine, Diarrhea, Coughs, Pustules, or by any critical Evacuation, Eruption, or Translation ; and there still remains in the Blood Matter, enough to produce dangerous Disorders, such as Convulsions, Watchings, Deliria, epileptic and hysteric Fits, Syncope, Asthmas, &c. we must proceed to such farther Evacuation as the Disease



Disease will most easily allow of; and I am of Opinion, that in our Clime, Lenients, when indicated, are most useful.

However, Lenients, are not the sole Remedy indicated in such a partial Crisis, to supply the deficient Extermination of Matter, for Bleeding is sometimes necessary in partial Parotides or demi-critical Eruptions in the Small-Pox, according to the degree of Commotion and Nature of the Cause; nay, in many Cases Blisters effectually evacuate the Remainder, as appears by daily Observation in Fevers, where, though the Urine settles, and gentle critical Sweats supervene; yet these are not sufficient to take off Coma's, or Deliria, without the additional Evacuation by one Blister or more, which do frequently relieve the Patients.

### *Intermitting FEVERS and AGUES.*

An Ague is the Seizure of a Cold-shivering, which being soon succeeded by Heat, goes off in a Diaphoresis.

When the Coldness or Shivering is scarce perceptible, or there is a periodical Return of a hot Fit only, it is called an Intermitting Fever.

According to the different Return of these Fits, the Distempers are differently termed, viz. *Quotidian*, *Tertian*, or *Quartan*, Ague or Fever.

A *Quotidian* is the Return of the Fit once every Day; if it comes twice every Day, 'tis a double *Quotidian*.

A *Tertian* is the Return every other Day, *i. e.* every third Day inclusive; if it return twice on the same Day, 'tis a double *Tertian*.

A *Quartan* is the Return every fourth Day, counting the two Fit-Days: If it happens twice on the said Day, 'tis a double *Quartan*.

The principal Cause of Agues seems to be an obstructed

structed Perspiration, whatever by overloading the Juices retards their Motion, or creates a Lensor in the Blood.

Inhabitants of the same Country are troubled with the same Disease ; but as each differ in his Diet, his Exercise, and Hours of Rest ; therefore a common and epidemical Distemper depends on what all equally partake of, that is, on the Air.

The *Diagnosics* are Heaviness, Dulness, Drowsiness, Reaching and Vomiting : A small slow Pulse, Coldness and Shivering, beginning in the Joints, and thence creeping all over the Body ; Pain in the Loins, Paleness in the Face, and sinking of the Eyes.

As for the Yawning and Stretching which precede the cold Fit, they proceed from Influxes of the nervous Juice into the Channels of the Nerves : Hence Yawning is only an Influx of the Spirits into the Muscles of the lower Jaw, and stretching is the same Influx made into the various Muscles that are acted upon all over the Body.

In the hot Fit, internal Heat, quick and strong Pulse, Thirst, Respiration short, Watchfulness and Pain in the Head, Urine pale or red, universal Sweat.

'Tis every one's Concern to avoid the common Cause of Disease, but if Necessity obliges us to an Abode in a distempered Air, the same spurs us up to seek a Remedy.

The Diet should be warm, attenuating and somewhat astringent. If Exercise be used, Flesh may be allowed ; Mustard and Aromatics eat plentifully are of Service ; Red Wine is proper, but salt Meats, Cheese, and any thing viscid, should be avoided.

A Dish of Coffee drunk hot, does not only sooth the violent Anguish that Persons suffer during the cold Fit of an Ague, but will even cure them of the Disease by continuing its Use for some Time, and will so help the Digestion, as to correct the remainder

der of the depraved Juices, that they cannot rise into a Fit.

For Coffee digests Crudities in the Stomach and Blood, and takes off Viscosities, and the Blood being too viscid in Intermitting Fevers, the taking Coffee in the Intermissions (which is the properest Time) cannot fail of relieving the Patient.

Coldness attends a slow Motion, which shews a Viscidity of the Juices, and the Remedies and their Nature do evidently prove that there is cold Viscosities in our Vessels; such are fixed and volatile Salts, and all Aromatics which do stimulate the Vessels, and dissolve the Juices by dividing them, and restore the natural Thinness and Consistence of the Blood.

And as Agues are the reigning Disease in the Marshes of *Lincolnshire*, let them take the following Medicine after a Vomit, and suffering three or four Fits to pass over before they take it.

Take Peruvian Bark in fine Powder an Ounce, Ginger and Salt of Steel, each two Drams, Honey of Roses three Ounces, mix and make an Electuary, and take the Quantity of a Chestnut thrice a Day when the Fit is off, and a Draught of Wine or Ale after it.

Borichius cured a Woman of a Quartan Ague by putting her into a furious Passion. Extraordinary Emotions may suddenly dissolve the Coagulations, and dissipate the Obstructions which cause the regular Returns of the Fever.

*A Quartan AGUE along with a DROPSY.*

The Dropsy *Anasarca*, which has succeeded a Quartan Ague, need not be remedied till the Quartan is taken off; for the Cathartics given for the abundant Cacochymy, may re-produce the Ague cured by the Cortex: However, if Cathartics are not indicated, there is then no Contrariety of Indi-



cations ; but the Bitters, the Volatile, the fixt Salts required by the Dropsy, may be blended even with the Cortex, between which there is plainly an Analogy of Operation, as far as Practice, Reason and Experiment can inform us.

### *S M A L L P O X.*

Among the Crowds of Diseases that afflict Mankind, the Small Pox requires a nice Management, and therefore I shall in few Words give a Detail of the Nature of this Malady, in order to clear up the sort of Diet that ought to be made choice of in it.

There is a Fever for three or four Days, that precedes an Eruption, greater or smaller, and these Pimples run the very same Course that a common Itch does, that is, they break forth in small Pimples, grow red and larger, they turn into Matter of various Colours, according to the Degree of Acrimony in the Blood and Juices, and then they scab and fall off.

The Fever that preceded ceases upon the Eruption, if the Matter of the Pimples be free of Acrimony, and be few ; but if its Acrimony be great, and the Matter not laudable, there is another Fever that accompanies their Throbbing, which is an inflammatory one, and a third attends the ripening of them, which is a putrid one, from a Resorption of the Matter. The first Fever is depuratory, and is raised from the Acrimony stimulating the Heart and Arteries, and being thrust out by the Force of the Circulation from the Blood Vessels, it takes its Course.

There is an observable Remission in the Fever after Eruption, even of the worst Kind, and 'till the Pimples all over begin to be painful and throb, the inflammatory or symptomatical Fever does not commence in earnest ; and I think it is easy for any Practitioner

tioner to distinguish this Fever from the putrid one, which is also symptomatical, by the Symptoms that characterise these two from each other.

As for the Species of Acrimony that reigns in the Blood, we may partly know by the Colour of the Matter contained in the Pimples: For where the Matter appears of a greenish Colour, and the Scabs are whitish, it is a sure Sign of an Acidity.

There is a strange Propensity of this Matter to settle about the Face and Head; and when the Face is loaden with Pimples, the Head is generally seiz'd also, as appears by the comatous and sleepy Symptoms that accompany this plentiful Eruption; so that Physicians do greatly observe whether there be many on the Face, and do take many of their Prognosticks from thence.

The Reason why the Face is more loaden than other Parts of the Body, may be because the Pores of the Face being daily exposed to the cool Air, have a Rigidity given them, that resists the Motion of the Fluids passing that Way, and transpires fewer Streams than other Parts.

But to return, the Fever is sometimes slow, and at other Times it rages greatly before the Eruption: This Fever depends on an Acrimony that dissolves and agitates the whole Mass of Juices, and which, encreasing the Blood's Bulk, causes a Distension of the Vessels, and Pain must ensue where the Vessels press upon the Membranes; that is, in the Head and Back. A Redness of the Face is no other than a greater Distension of the Vessels of the Face, from whence the Blood runs into the Capillaries.

The Difficulty of Breathing, which is often very great before the Eruption, is but the Inflation or Dilatation of the Blood-Vessels of the Lungs, whereby the Air-Chamber is lessened, and less Air can be drawn in than formerly; that is, the Lungs resist its Entrance, and fall forcibly down again: These and  
many

many more arising from the same Cause, on different Parts of the Body, destroying or lessening their Functions, are worth Notice.

The more regularly the Pimples appear, the greater Hopes are there that the Blood's Acrimony is small; for where they appear later than the fourth Day, it is just to conclude, that there are fewer Spirits separated than there should be by Nature, and, that there is a preternatural Viscidity in the Juices that hinders the Secretion of them: From whence it will follow, that the Blood's Motion is too slow, and incapable of throwing out that extraneous Matter which *Morton* calls Poison.

But where the Expulsion is earlier than the fourth Day, then is the Blood too much hurried on, and the Spirits are secreted in a more large Proportion than usual; here the Blood's Consistence is dissolved into a Putrilage, and sometimes does not cake at all when let out of a Vein. This latter Case is a plain Argument of an alkalious Acrimony, either State, preternatural to any Pitch, bodes Danger.

Because through the whole Stages of the Inflammation, the Physician is either spurring or biting, he is either bleeding and cooling, or blistering, and giving warm Cordials; and if he can by his painful Industry keep the Juices moving on, and give them a due Consistence, it is odds but he gains his Point at last; and if he fails, who can wonder? Torrents will overwhelm Castles.

I have said so much as to lead my Readers into the Diet and Regimen proper for their Sick: In general, Warmth is necessary to soften the Skin, and force the Matter lodged to run its Stages over with greater Safety: Wherefore let the Air of the Room be inclined to Warmth, that the Pores may be opened, and that the Matter dispatched to the Skin may not be repelled, which would be of ill Consequence; and also that the Pimples may be capable of receiving all that is proper for their Encrease. Their



Their Diet must be ever thin and plentiful, because the Acrimony must always be diluted by watery Liquors, and a gentle Warmth of the Liquor dissolves the Grumes of the Blood, and they should be taken with a plentiful Hand, because the Salivation will go on more regularly thereby, which in the dangerous Sort is often curb'd for want of a due Consistence: I therefore advise Gruels, Sack-Whey, Cyder-Whey, Decoction of Apples, Sage Tea, and Milk and Water for ordinary Liquor.

If there be a great Heat attending them, we must take Care to avoid too strong Things: But if, on the contrary, there should be a Defect of Heat, then are you to mix Wine with all they take, to excite a just Motion in the Blood, and to give them Life to support the Pimples, that nothing may retire into the Blood, and taint it. Sleep is a desirable Blessing; what with Throbbing and Pressure of the Pimples, this can hardly be obtained.

And therefore Opiates become highly necessary through the whole Course of this Disease, save the Time preceding the Eruption; and as Nature ought to answer every Day, the same must happen here, and, if she is sluggish, ought to be promoted by a Glyster, or a Suppository; and as all Ranks of Practitioners cry up the good Effects of Opiates in this Disease, there can be no Apprehensions of a Flux, where they are every eighth or twelfth Hour obliged to give them to their Patients.

### P L E U R I S Y.

A *Pleurisy* is described to be an Inflammation of the Pleura, of the adjacent Muscles, and of the Lungs, with a pricking Pain of the Breast or Side, a Cough, a Difficulty of Breathing, a continual Fever, and a frequent and hard Pulse. The Part affected is the Membrane, called the Pleura, which

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covers

covers the Ribs on the inside towards the Lungs : The Muscles called Intercoitals are also affected.

From the Difference of the Pain it is evident how different Parts are affected, for when the Muscles are affected, the Pain is obscure, but when the Membrane is seiz'd (which is nervous) the Pain is pricking, and so violent, that the Patients complain as if they were pierced through with a Needle. This Membrane is not only affected, but also the Lungs are greatly inflamed ; for by the Communication of the two Membranes, and by the spitting up of Blood and Matter, it is evident that all are affected together.

Upon account of the Parts affected, one is called a Bastard, the other a true one : The Bastard Pleurisy, is that which seizes upon the Muscles only ; the true one is, when the Muscles, the Membrane and Lungs too are seized. Next, another Pleurisy is moist, another dry, when, to wit, much or little, or nothing at all is spit up : Another is beginning, another confirmed from the Time it has lasted : One is also called benign or kindly, and another malignant, according as it is attended with gentle, or very bad Symptoms.

The remote Causes of a Pleurisy are a Plenitude, by which the Pleura's Vessels, by Reason of the Rarefaction of the Blood, and its too great Expansion for want of Space, are preternaturally distended, and perhaps broken ; whence is the Blood's Circulation impeded, which therefore flowing out of the Vessels stagnates there, and occasions an Inflammation ; or the gross Humours are drawn into the Vena Azegos and stagnate there, which will happen by immoderate Exercise or Heats, when the Patients are too soon cooled after them ; or as often as upon violent Exercise or Heat they drink cool Liquors ; or if upon Heats we expose our Breasts suddenly to a northern and cold Air, which so straightens the Vessels, that an Inflammation necessarily ensues.

For

For where-ever the Fibres are contracted by Cold, they stop the Flux of Humours that way, and then an Inflammation follows; and very often cold Liquor being taken plentifully, and arriving at the Vessels, and their cooling the Blood, and thickening it, there is a stand put to its Motion in the nervous Channels, and a Pleurisy ensues; for the Humours being thus congealed cannot pass as formerly, and more following, there is an Accumulation of impassable Liquors, a Distension and Pleurisy confirmed, which if it is not taken off by proper Means impostumates, and causes them either to spit it up, or it breaks into the Lungs, or into the Breast, and the Blood either stagnates, or is extravasated, and always acquires an Acrimony.

As to the Causes of the distinguishing Signs of the Pleurisy, the pricking Pain arises from the Blood's Stagnation or Extravasation, upon either of which the more obtunding Parts fly off, and leave the Mass so standing or extravasated acrimonious; and according to the Degree of Acrimony, and the Part on which it is deposited, the Pain is less or more acute. The Thirst arises from the Blood's being too much agitated, and so leaving the Parts dry.

The second Sign is the Cough, which arises from the acrimonious Humours deposited on the Lungs, and there molesting their Motion and Action; and the bloody Matter which is thrown up by Coughing comes from the Lungs themselves, because the Pressure and Contraction too are sufficient Causes of the small Vessels being broken, and throwing up their Contents, and this particularly happens towards the Stage of Suppuration, when the Vessels are highly stuffed, and they are rendered thin thereby.

The third Sign is the Difficulty of Breathing, which springs from the lessening of the Air Chamber, in the same Proportion as the Tumour encreases; for



where once an Obstruction commences under a Fibre made too tense or rigid, the Motion of the Blood is hasten'd thither, and an Inflammation ensuing, the Function of that Part must be greatly impeded. Now the Fibres are too rigid in Compressions, Contractions, Contusions, and the like Cases, and then when the Blood stagnates, the least Oscillation is communicated all over, and particularly at the Part affected.

The fourth Sign is the Fever, the Cause of which is the Frequency and Celerity of the Pulse, and that Frequency has for its Cause the Acrimony of the Humours that stimulate the Heart, whence the Pulse is in this Case always more frequent, which happens either from a Conflict between contrary Salts, or a Friction of Bodies against each other. If therefore such Commotions and Conflicts, from what Cause soever they proceed, ensue, Symptoms of various kinds follow; such is Thirst, from an Evaporation of the necessary Fluids that moisten the Tongue; such is a bitter Taste in the Mouth, from a Mixture of Bile among the Blood, &c.

The fifth Sign is the Frequency of the Pulse, and this Sign along with the Quickness of the Pulse, are distinguishing Signs of a Fever, and agree to Fevers alone and always: because if these two Signs are present Patients have a Fever, if not, they are free of a Fever. This Frequency arises from a too great Rarefaction of the Mass of Blood, proceeding from the Conflict of contrary Salts, or from the Attrition of the Parts of the Blood against each other.

Having taken a View of the Signs, let us also consider the Danger of this Disease: Signs of Concoction do always give us Hopes, but the Signs of Crudities Fears. If we would certainly know what is like to follow in Diseases, we should make a Comparison between the Patient's Strength, and the Violence of the Disease; for if Nature be strong, the Patients have Reason to hope well; but if their  
Spirits

Spirits are exhausted, they have Reason to dread every little Symptom.

If in the beginning of the Pleurisy the Patient spits nothing, the Pleurisy is called crude, and if it remains so at the State without Relief, then nothing but Death can be expected; or if the Spitting began to come up freely, and if all on a sudden it stopp'd, this Case is called an ill judg'd Pleurisy; if the Pain of the Breast continues, there is Reason to fear an Impostumation, or a Gangrene and Death.

These Spittings that are dyed green or yellow, or of a dirty brown, do all denote Mortifications; and you are seldom deceived if you make a fatal Prognostic; but if the Blood be thrown up the first four Days, and even to the seventh, there is Hopes of Life; because as the Inflammation is Blood made grosser by standing still, and the Inflammation cannot be cured without translating this Matter, or making a particular Discharge of it from the Part affected, this Discharge therefore is salutary.

First, because the Matter offending is evacuated, and then the Lungs are not much injured by the Breach, for that happens always at the Extremities of the Capillaries, which do readily reunite, at least with the Assistance of a few proper Remedies; whereas were the Breach to happen at any large Section of the *Arteria Pulmonalis*, Danger must ensue; however, if this Blood be late in being spit up, by its Stoppage there, an Impostumation follows, and lays a Foundation for a Vomica, an Empyema, or even a Consumption.

If the Spitting then appears early, it is a Sign that the Impostumation will soon be carry'd off; indeed, it is never safe to trust to this Spitting, for whoever is called at the Beginning, should take Care to bleed plentifully to prevent an Abscess: However, as proper Persons are not always consulted early enough, Expectoration ought next to come in play: Let their

Diet be of smooth Things, in order to correct the sharp Humours, such are Barley-Water, Emulsions, Ptilans made up of Liquorice, Figs, Raisins, and such like, Syrrup of Violets and emollient Decoctions.

Cold Water is improper, because it contracts, and Contraction is a producing Cause; for where the small Vessels are contracted, the Liquors find a Difficulty of passing, and therefore do often stand still and breed Inflammations, as all know. Sleep must only be promoted by smooth and diluting Remedies, (not by Opiates which would fix the Humours) and by keeping quiet; so that if our Patients can but slumber three Hours in twenty-four, and that at different Times, we must rest contented.

*The Method to be used in mixt Crises.*

We call that Crisis mixt, where part of the morbid Matter is thrown off, or at least is translated to some part of little Consequence, whilst the other part is retained within the Mass, and raises various and dangerous Symptoms. Fevers which yield not to critical Evacuations, and the following from *Baglivi* are Examples.

*Baglivi* justly observes, *How it often happens, that in Pleurifies part of the purulent Matter is spit up, when on a sudden, by some Mismanagement, it stopt, and they breath short, with Choakings and other distinal Symptoms.* Besides the various Pectorals taken down very warm, he advises two Blisters to be applied to the Skins, in order to unload the internal Bronchia of the remaining Share of the Matter, which we have known to succeed.

There are certain Pleurifies, more especially malignant ones or bastard ones, where the Pain only affects the Muscles, which will yield in two or three Days to a gentle Sweat. Take of Carduus Benedictus Water, four Ounces; sweet Spirit of Nitre, forty Drops;



Drops; Spirit of Sal-Armoniac, twenty Drops, mix for a Draught.

*Bastard PERIPNEUMONY.*

A true *Peripneumony*, is of the same kind with a *Pleurisy*, and both Diseases are cured by the same Method: But a *bastard Peripneumony* is occasioned by a great deal of phlegmatic Filth heaped up, in the Blood, and by the Coldness of the Winter, cast upon the Lungs; wherein not only Bleeding but also Purging is indicated.

Signs are Dizziness of the Head, Cheeks and Eyes inflamed, he breaths short, with Pain in the Breast; the Urine is thick and red, and the Blood like that in a *Pleurisy*. He often vomits liquid Things.

It is a dangerous and deceiving Disease, for the Patient will sometimes die suddenly, when his Physician apprehends not the least Danger. 'Tis cured by once or twice Bleeding, gentle Purging, and Pectorals as in the *Pleurisy*.

*PHRENZY.*

It is an Inflammation of the Brain, or the Membranes thereof, with an acute Fever, when the hot and sultry Weather has jellied the Blood, by exhausting the natural Quantity of watery Parts, and by leaving little behind, save Globules, with thick Cases and Serum: If the Globules be too thick and glutinous, they will prove less elastic; they will stick in the least and invisible Arteries, and swell them, and make them visible to the Eye. This State of the Blood is generally productive of *Phrenzies*, and if in the Brain a *Phrenzy* commences, we see then how Ravings in Fevers, or symptomatical *Phrenzies*, as well as original ones, are produced by the Air.

But our Diet and Liquors have a far greater Influence, for high living on salt Meats, Spices, and hot Sauces, and particularly drinking strong Wines and Brandies in a plentiful Manner, disposes our Blood to grow thick and hot, that is, inflammatory ; strong Exercise and long Watching have a large Share in producing such a Condition of the Fluids, likewise our Secretions ; for we have known Women turn frantick upon a Suppression of the Menstrual Flux, for Blood retained will, by its Quantity and Salts, cause an exorbitant progressive, or circular Motion, and that ends in a Grossness of Blood and a Quantity of Salts ; so that whenever this diseased State commences, there Watchings ensue.

But far the greatest Danger hangs upon the Passions of the Mind ; Men have been known to be cast into a Phrenzy in an Instant, by the mere Force of Anger ; but suppose Anger is moderate, but frequent, it will in time act as surely ; for it shakes our Fibres furiously, and they toss the Blood round more rapidly than usual, so that still the watery Parts exhale and leave the Mass hot and gross. Thus have you seen in few Words, how Phrenzies may be introduced ; let us try what Methods will avail against such a dreadful Disease.

Bleeding must be immediately put in Practice, and repeated as often as occasion requires, and the Strength of the Patients demand it ; when you have done this to a certain Measure, the Blood grows calmer, and runs slower to the Part injured, and to these small distended Vessels ; and moreover, when the Blood is diminished, the Vessels contract themselves, in Proportion as the Blood has been drawn off ; hence do the Orifices also contract and suffer no more to enter ; and besides when the Blood is appeased, so are the Spirits also, and all becomes quiet.

○ We should cool the Air by sprinkling the Floor with Water, or cool Herbs watered : The Diet must be smooth and cool without causing Obstructions, and must check the Motion of the Blood and Spirits : They must avoid all saltish, aromatic, and acrimonious Diet : They should live upon Food made of Almonds, Barley, Rice, Milk, and every thing that can temper the Acrimony of the Blood, and then Liquor should be dilute and smooth, it ought to be Water, Whey, Ptisan, and whatever is watery, with a little Nitre, which is a fine Cooler and Dissolver of the Blood.

Let them be kept quiet in Bed, and dissuaded from entertaining any Anger or Hurries of their Minds, for fear of increasing the Inflammation ; because as inflamed Parts must not be moved, so the Brain's Motion is Thought, and therefore such diseased People must be kept from anxious Care, or Thinking, or Anger ; the Chamber in which they are must be darkned, and the Curtains shut, that the Light may not enter, because it moves the Spirits.

The whole Cure consists in bleeding in the Foot and Jugulars, in promoting in due Time and Quantity all natural Evacuations of Stools, Urine or Menfes ; in giving cooling Glysters, cooling Decoctions of Nitre or Tamarinds, and procuring Sleep : For Opium is of certain Benefit to Diseases of the Head, arising from a furious Motion of the Fluids there, and therefore it is constantly in use in Phrenzies, Madnesses, and the like Cases. Garlick bruised and applied to the Wrists, and Soles, is an excellent Blister for mad and phrenetic People.

*Apoplexy, Catalepsis, and Lethargy.*

Sleepy Diseases happen chiefly in Winter, because at that Season the Pores are shut, thro' which  
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that Matter which used to be sent thither, is not so readily dispersed, but remains within us, and fills the Vessels, which the smaller they are, must be the more easily seized; and these Diseases do the more surely attack Mankind if the Winter be very cold and moist, for by the intense Cold the Vessels are strongly contracted, and the Blood much condensed. In the like Manner, Men between thirty-five and fifty are subject to these Diseases; for at this Stage the natural Vigour begins to abate, so that all our Humours are more and more condensed and thicken'd, and are circulated more slowly; our Solids also grow more rigid, and do not admit of so easy a Passage of Fluids through them, as in our younger and more tender Years.

Some Poisons have a soporiferous Virtue, by which the Takers are oppress'd, and thrown into such Distempers; so a Raving along with the Sleepiness arises from the use of Henbane-Seed, even whilst it is lodged in the Stomach, all which Symptoms vanish upon vomiting: Opiates imprudently made use of, do often leave behind them terrible Symptoms, and give Origin of these sleepy Diseases; for although Opiates be one of the greatest earthly Blessings we enjoy, if they be used with Discretion, yet in the Hands of the Ignorant they do equal Execution with the Sword.

For both the containing and contained Parts are greatly injured thereby; those, inasmuch as they are relaxed and weaken'd in their Tone; these, inasmuch as they are stifled in their Course, and quite stopped, or, however, are altered in their Consistence, and put on a grosser and more tenacious Consistence, upon which Account they at last stand still; and in this very manner do all our Liquor or Diet, which cause a Stupidity or Drowsiness, act their Parts.

These Diseases are also occasioned from malignant Fevers, from Inflammations of the Brain, and many

many other Causes of the like Nature. Hurts on the Head do also bring on Drowiness, namely, great Wounds, Strokes, Falls, Contusions, and Depressions of the Brain. Great Eaters and Drinkers seldom fail of being subject to these Disorders, and particularly Brandy Drinkers are well known to be often seiz'd with them.

In these Distempers the Patients ought to live upon a spare and thin Regimen, to wit, upon Broths, in which Aromatics are boiled, as well as cephalic Herbs, so that we may attack the Disease not only with Drugs but Diet also. Their Liquour ought to be Wine that is spiced.

Mustard-Seed is a good Medicine, it acts upon the Stomach as it does upon our Nostrils, by twinging it; nor does it cease there, for when the Juice of it is in our Vessels, it gives every Vein and Artery it passes through the same Twinge in Proportion, as the Blood is more or less impregnated with it; and therefore it is good in drowsy Constitutions to give a natural Motion to the Vessels, that they may press on the Fluids, which in some Measure stagnate, that is, move slowly in the Brain, and fill it in such a Manner that Sleepiness ensues, for a loaden Brain is a drowsy one.

In a *Catalepsis* hard rubbing has a good Effect; the Parts are in this case to be rubbed with rough and warm Cloths, which put the Fibres into proper Vibrations, and the Humours again into Motion; so that the Spirits which seem to be coagulated by some malignant Aura, and to be shut up in the Fibres and Muscles in an odd Manner, do begin to spread themselves afresh into Motion.

Nay in *Apoplexies* themselves we use hard Frictions with Success in the Extremities, which serve as Revulsives and Attenuants, provided the Blood is not extravasated into the Ventricles of the Brain; in which case the strongest Remedies prove ineffectual;

tual: But who is he that knows whether this is really the Case? We have no Signs so univocal as to discover this Degree of the Disease; and as all Remedies are to be called in Practice which give us promising Views, this is to be practised among the rest.

The Diet in *Apoplexies*, *Coma's*, *Catalepsies*, and *Palsies* must be the same; all the Juices are jellied and want to be heated and attenuated; we must season every Meat and Drink with Spices, with hot and pungent Materials; they must be sparing in their Diet, because the Digestion is weak; their Wine and Malt Liquors must be generous, but little in Quantity, and loaded with warm Ingredients, as Lavender, Marjoram, Sage, and such like. Coffee and Tea are of great use.

Coffee contributes much to a Prevention of the Apoplexy and Catalepsis. First, by helping the Stomach to digest, which it effects, partly by reason of the agreeable Bitterness and gentle Stypticity, and partly from the actual Heat 'tis usually drunk with; so that Digestion being well performed here, and good Blood thence produced, much of the antecedent Cause of Apoplexies, Catalepsies, and Lethargies must be by such Administrations prevented.

A *Lethargy* is a Disease which indicates Contraries in its Removal; for it being an œdematous Inflammation, the Removal of the State and Phlegmon don't co-incide in the Manner, for the State requires Purgatives, which augment the Inflammation, and the Inflammation indicates Bleeding, which the State allows not of; however both must be attempted in a prudent Quantity, answerable to the Necessity of each Inducant.

Not only do the Evacuants contra-indicate, but even the Alteratives are contrary to each other; for the Attenuants required in the State, which is gross and



and phlegmatic, are not suitable for the Inflammation which they augment ; and therefore, as the Inflammation is somewhat superior in its Motion to the State, we are mostly obliged to use the Means proper to allay it and relieve it ; but still we must give gentle Attenuants, and apply the same as occasion shall require.

*SLEEP, how it is caused and prevented.*

Sleep causes all our Senses, internal and external, to cease, all voluntary Motion also ceases, only the Heart and Arteries beat, and the Lungs move. Now as voluntary Motion ceases, and the Circulation continues, Rest and Weariness are the two Causes of Sleep ; therefore the contrary must be the Cause of Watching.

If Sleep then depends on the slow Passage of the Blood thro' the Brain, if then it does not freely pass thro' the cortical Part, and don't separate animal Spirits, there will be a want of them, or what Quantity is separated lies quiet in the Brain, and is not detached into the Organs of Sense and Motion, 'till at last they break forth and cause us to awake.

Coffee then will keep us awake, for it being of a moveable Nature, will not fail to stimulate the Brain, and occasion Excursions of animal Spirits, and will consequently keep us awake ; for it takes away the Cause of Sleep against Nature, and is therefore useful for taking off all lethargick Dispositions, and they who have a mind to watch, do often take it to keep them awake ; for the Bitterness of the Coffee, and the actual Heat of the Liquor, do contribute to attenuate the Viscosities, and keep the Spirits moving, and so do all that is necessary to keep us awake.

Tea will also keep us from sleeping, because if nimble Parts actuate the Blood, and open the Tubes of the Brain, and do therefore hinder us from falling asleep,

sleep, it will hold good here as in Coffee; only there is this Difference, that Coffee is stronger, and does it in a less Dose. Sleep then is driven off by Tea, usually by repairing the Spirits; because Sleep arises from an Exhaustion of Spirits, and from a slow Motion of the few that remain, there being few or none left to perform muscular Motion, and this appears by an universal Inability.

When we drink Tea in this Case, the Spirits are supplied afresh, and enough are generated to serve to reinforce the Brain, and to renew all our Actions which before were clouded or arrested; then do all our Senses, internal and external, return to their wonted Functions; the Guard is mounted, and all is again in Action; the Sun shines and we have Day. The volatile and spirituous Parts of the Tea repair our animal Spirits, and the bitter Part carries off all Impediments.

### PALSY.

A *Palsy* is a Loss of Motion or Sense, or of both, in the whole Body, as in an Apoplexy; or in some Parts arising from an Obstruction, Compression, or Cutting of the Nerves; this Description explains the Nature of the Disease.

The Brain may be in fault, and the Cause of this Motion diminished or abolished; for when the Brain is ill disposed, the animal Spirits are neither sufficiently generated, nor are those separated pure and subtile, or so moveable; but they are unfit for Motion, and generally too viscid; for there is a certain Degree of Purity required in animal Spirits, and their Condition depends on the Blood's Condition.

The animal Spirits are the immediate Cause of this Distemper, either when they are wanting, as in Persons in their Agony, or weakened with a tedious and long Distemper, or when they are im-

pure and unfit for Motion; they cause the Disease when they are deficient, for it is certain that they must be both pure and good, and also in a sufficient Quantity, that they may inflate and distend the Nerves, and make the Muscles shorter by inflating them, and so moving them.

But when they are deficient the Nerves flag, and their Sides touch each other, and then there is no Circulation of Spirits; moreover, the Fibres of the Muscles, because they are not inflated by the animal Spirits, cannot be contracted in their circular Rings, and therefore no Motion is performed, when they are impure and less moveable, and oppressed as it were with a Stupidity, or are too viscid and gross, they obstruct the Nerves, and then all Motion must be at a Stand for want of the Power of passing.

The Nerves also may be the immediate Cause of a Palsy, when their Channels are obstructed, compressed or stretched, or labour under any other Fault; for there is a Necessity for the Channels to be open, that the animal Spirits may flow from the Brain into the Nerves; and if their Passages are shut, what is to be expected, but a Diminution or Abolition of Motion? Or if they be cut asunder and wounded, must not Motion cease at that Instant of Time at the Place into which these Branches were inserted, because all Influence is cut off? Or when they are compressed by any Tumour arising about the Part affected, or upon the Nerve, or by any Weight or Pressure upon the external Nerves, Motion cannot but be lessened or abolished.

There are many antecedent Causes of a Palsy, which may be all those Things that introduce a Softness and Flabbiness in the Muscles, such are watery Things; or all those Things that streighten or obstruct the Channels of the Nerves and their Organs; such are Phlegm, and such like; all those that compress or dissolve the Union of the Parts, as Bruises  
and



nd Wounds; and all Narcotics and Opiates, which make the animal Spirits move slowly: The Fault may result in the Blood, which grows daily more vitiated, namely in a watery or phlegmatic State of Humours, which make all the Secretions impure, thick and unfit for Motion.

And in the Brain the animal Spirits become thereby viscid and watery, and then they will stick in the Nerves or Medulla of the Brain, and there produce Obstructions, or render the Nerves too flaggy to obey the Spirits, because then they are apt to fall together and grow up, and so stop up all free Passage for the animal Spirits; or when by such Blood ferous Humours are heaped up in the Head, for it is common daily in a sound State for Phlegm and Water to be thrown off by the Nostrils and Mouth; which Separations, if they be suppressed, do bring on many and grievous Diseases in the Head by deviating into a depraved State of Humours.

Sometimes Motion is lost, but the Sense of the Part is retained; at other times the Sense is lost, but the Motion is preserved; for Motion depending on a large Quantity of animal Spirits rushing into the Nerves, as well as Nerves truly and justly elastick, and Sensation is performed by a gentle Vibration of the Nerves, as well as a moderate Influx of animal Spirits, it is not to be wondered at, that such a Quantity of Spirits, and such a Condition of the Nerves, as will support Sensation, should not raise them into Motion: Nor is it at all wonderful, that the Nerves, which are deprived of a sufficient Quantity of Spirits for Motion, should yet entertain an Intercourse sufficient for Sensation.

As to the Causes of the Differences of Palsies, I shall give a short Account of them. A Paraplegia may be deduced from a Compression or Obstruction of both sides of the Medulla Oblongata, or Spinal Marrow, or from the same Obstruction, whose Cause

is lodged in the Brain at the Origin of the proper Nerves: But when all the Parts from the Loins to the extreme Joints of the Toes are seized with a Palsy, it necessarily follows, that such a Palsy arises from an Obstruction, a Compression, an Induration, or a Solution of Unity of the Spinal Marrow at the Region of the Loins, so that the animal Spirits cannot be dispatched to the inferior Nerves. But an Hemiplegia, or half Palsy, arises from an Obstruction of one Side of the Spinal Marrow, either from a Stroke or a Tumor that Compresses, or from extravasated Humours, that hinder the Distribution of the Spirits.

A particular Palsy arises from an Obstruction, a Compression, or growing together of the Nerves tending to that Part; so that to cure such a Palsy, it is necessary to be skilled in Anatomy of the Nerves. The compound Palsy, which ensues upon Cholicks, is occasioned in the following Manner: The Part first affected is very membranous, and therefore very sensible, if irritated by an Acrimony lodging upon the Intestines, then it communicates itself to the Blood and Spirits, and there raises convulsive Pains, and at last produces a Palsy, or rather an Inability to Motion. In the sleeping of a Limb, as we call it, where the Motion remains, but the Sense of the Part is diminished, and sometimes depraved, there is a sort of pricking Pain, as if Needles pricked the Part, and this is caused whilst the Spirits come into the Part after the Compression of the Nerve.

If the Parts of the Face be affected or seized with a Palsy, then the Seat of that Disease is in the Brain; but if any Part is seized below the Head, then the Seat is in the Spinal Marrow: If any Part towards the middle of the Body be affected, one Side becomes paralytic only: If the Legs be affected, the Nerves about the Os Sacrum are the Seat of it; but if the Arms or Sides above the Diaphragm be seized,

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then

then the Seat is in the Spinal Marrow above that Place: And thus we are informed of a necessary Requisite for the Cure of a Palsy; for all Authorities agree in ascertaining, that Remedies must be applied to the Seat of the Disease.

Whoever doth not observe and follow an exact Regimen in Diet, it is impossible for them ever to recover, though under the nicest Care: Let therefore their Diet be inclining towards Heat, such as will incide viscid and gross Humours gently, such as will dissolve the Blood, and set it in Motion again. Their Victuals must be easy of Digestion, and seasoned with those Plants and Drugs as are esteemed good against the Palsy, such are Betony, Marjoram, Rosemary, Thyme, Cloves, Nutmegs, and such like.

Let their Liquor be sparing, but well stocked with the aforesaid Herbs. The Air they breathe should be warm and pure; Watching being a sort of Motion of the animal Spirits, ought more to be encouraged than immoderate Sleep, which helps to calm them, and encourages them yet more to stand still. The Passion of Joy ought to be advised, for Apprehensions do but more closely confine the Spirits, and make them stagnate. The Secretions ought to go forward according to Nature; a Stool once or twice a Day, and so of the rest.

#### *Convulsions and the Epilepsy.*

Convulsions deserve our Care, among the first of the Diseases, they being a Consequence of an excessive Motion of the animal Spirits towards the Muscles; for where a Nerve is cut there can be no Convulsions: This Convulsion is made when the Nerve throws in a great many Spirits into the muscular Fibres, which are drawn up by an Approximation of the muscular and circular Fibres to each other, and so the Muscles are shortened: If one Muscle be contracted



contracted in this Manner, its opposite one will be let loose, or it would not give way, and then there would be a tonick Motion continually. It is that Motion of the Muscles which is done contrary to our Inclinations, and the irritating Humours effect the same Thing, as the Command of the Soul; the Heart itself, tho' it is always in Motion, yet may also be convulsed, as it is in Palpitations.

This involuntary Motion of the Muscles happens from a copious Influx of the animal Spirits into the Nerves, whence they are shortened, and so are the Muscles that are tied to them. It is somewhat observable, that Convulsions are mostly periodical, and the Influx of the Spirits causing them, they are irritated to flow in periodically; from whence it may be inferred, that the Cause of such Fits does not reside in the Nerves themselves, but that it proceeds from elsewhere, that is from the Condition the Blood is in; for all essential Diseases are continual and fixed, and therefore this is not one: Where they are universal, as in hysteric Women, their Senses are so benumb'd as to feel nothing; but where they are particular, they feel an intolerable Pain, and spasmodic Pains are intolerable.

As to the remote Causes of Convulsions, they are owing to the six Non-Naturals; the Air introduces them by its Coolness, for as it then abounds with nitrous Parts, and either curbs Perspiration, or some useful Eruptions; it translates the Matter of these Discharges back into the Blood, and that affords Room for Irritations or Convulsions: In like Manner, sour Diet, as well as acrimonious Victuals, mixed along with the Blood and Juices, do raise them: Hence do we find hysteric Fits raised by Physick, sweet Diet, Rhenish Wines, Fruit and the like. Suppressions of all kinds cause them, because the Blood is rid of its heterogeneous Parts by the regular Flux of these natural or customary Discharges,

charges, and therefore it must be full of such a Mixture, by their unusual and continued Retention, as will stimulate the Nerves.

Frights have the largest Share in producing Convulsions : How often do we see the weaker Sex terrified into Fits and Diarrhea's ? In such a State the Spirits stagnate, and, like the Blood, grow acrimonious and stimulating, and all ill Events may be expected from such a Cause. It is not surprizing to hear of Persons struck dead by Terror; however, it is granted, that the weak only are terrified. Wounds, on nervous Parts, are frequent Causes of this Malady ; and thus when Surgeons, in opening a Vein, chance to wound a Nerve or a Tendon, the Person, so hurt, often falls into Convulsions. Pressures upon the Nerves have the same Effect ; so in Children that are breeding their Teeth, we frequently meet with Convulsions, which happens from the Pressure below, and the cutting of the Gums, for the Tooth not finding a ready Passage upwards, presses and cuts, from both which the Parts are inflamed, and the Pain increases, and puts the Children's Spirits into great Commotions and Hurries.

Besides the Nerve and Gums, the Membrane that covers the Bone is severely torn, and this adds greatly to the Malady ; for if this Membrane is only an Expansion of the Tendons of the neighbouring Muscles, then all those Parts adjacent are thrown into Tremblings in a violent Manner ; if these Tremblings be all over the Body, the Person is thrown into universal Convulsions ; or if only some neighbouring Parts be put into these Motions, then Children flaver and cough, and vomit up the Contents of their Stomachs, or loath their Victuals. Surgeons do often meet with Convulsions from shattered Bones lodging on the Tendons or Nerves, or even on the Muscles themselves. Wherever then such Causes as I have mentioned obtain, a narrow  
Inspection

Inspection must be made, and having found out the Causes, they must be artfully removed.

In general, the Diet fit for Persons under Convulsions, should be such as will hinder the too swift Motion of the Spirits, and therefore Convulsions must be fed with watery and farinaceous Diet: Hence, perhaps it is, that as soon as Women perceive they are going into an hysterick Fit, they call for a Draught of Water mix'd up with Wheat-Flower; for this allays the Hurry of the Spirits, and clogs their irregular Motion, and either puts off a Fit, or shortens it.

In convulsive Motions, attended with Heat, it is most likely, that the Spirits flowing out in a rapid Stream into the Channels of the Nerves, are the immediate Cause of the Convulsions; whereas if a Coldness attends the Patients, it is probable, that it is some pricking Body that lodges on the nervous Coats that produce them; and this is further proved from the Remedies themselves.

For Convulsions attended with Heat, are best remedy'd with Coolers, Diluters and Opiates, but these, where a Coldness reigns, are best remedy'd with volatile Salts, and such other Medicines, as are known to be opposite to Acidities. Opium is an excellent Remedy for convulsive Pains in the Belly, hypoch and hysterick Fits, and it cures, as well as prevents Epilepsies, if it be joined to Cinabar of Antimony.

### *Convulsions and a Palsy.*

About the Year 1728, when I lived in the City of *Durham*, being sent for, I visited the Son of *John Watson*, Skinner, at *Chester by the Street*, aged about 12 Years, who had a Palsy on the right Side, and Convulsions alternately, which came by a Stroke on the Neck: He could not then move the paralytic



Parts, but whilst I stay'd there, the Arm thus palsied, was jerked into various Postures and convulsed; this was an odd Phænomenon, that the Spirits should be obstructed in their Course, when voluntary Motion was intended, but should give Place to a free Passage from an irregular Influx.

My Friend Doctor Strother, in his *Euodia*, says, *All this may be comprehended, if we consider, that the Quantity of animal Spirits may have contributed to these Accidents, and also it must follow, that the Fault was local, and that the Nerve was rather relaxed than obstructed; so that if we allow the Quantity of Spirits in an irregular Influx to that of a regular and stated one, to be in a double Proportion, the relax'd Nerve, however distorted, will, by this double Force, be inflated, and will draw the Muscles into Consent, which it will not do without it.* He would treat such a Disease with Antiparalytics and Opiates.

I prescribed the following Electuary, and a proper Liniment to be used to the Nape of the Neck and Spine every Night, which, through the divine Blessing, cured his Distemper without any Repetition of them.

*R. Conserv. Anthos, Conserv. Flav. Aurantior. a. a. Unciam I. Pulv. Ari Comp. Pulv. de Gutteta, a. a. Drachmas II. Spec. Diamb. Drach. I. Castor. Russ. Sal. Succin. a. a. Drach. ss. Syr. Peon. Comp. ℞. S. fiat Electuarium.*

*De quo capiat quantitatem Nucis Moscatæ omni Mane, & hora quarta Post-Meridiana, superbibendo Haustum Tea cum Salvia præparata.*

### MEMORY TO STRENGTHEN.

A Brain too moist is too soft for taking Impressions, and retaining them: Hence it is that phlegmatic People and Infants have little or no Memory. There must be a Standard Degree of Driness in the Brain,

Brain, and a certain Degree of Consistence in the Blood, to make way for Thought and Ideas.

As Tea is useful to take away Viscosities in the Blood, and so to do Good to the Head; it follows then, that it contributes to make our Heads clear, and to strengthen our Memories. Tea has this Effect upon Phlegmatics, because it dries up Defluxions, and drains off gross Humours, and they who drink it must become sprightly: Whenever then People are subject to Defluxions on the Head, from Apoplexies, Lethargies and Palsies, from Serosities overloading the Vessels, then Tea used discreetly and jointly with proper Remedies, is extremely convenient.

They who have over-studied themselves, and have thereby exhausted their Spirits, so that they seem to remember nothing, nor to have any Spirits left either to speak or think; if they take a Dish or two of good Coffee, they recover their Spirits in such a Manner, as to recover all their Notions afresh, and, if their Affairs require Haste, may fall to study afresh, as if they had not at all been confused. When Affairs do require a severe Application, and a continued Connexion of Thought for a long Time at once; and as it is impossible for the Brain to supply Ideas for so long together, it becomes necessary to call in auxiliary Spirits, which the Coffee is certainly found to give them.

*Debauches in Liquor and Drunkenness, how helped.*

Lettice dilutes Choler, and cools by diluting these sharp and fiery Salts; it keeps the Belly open, and refreshes hot Bloods, and after a Debauch it cools and gives Freedom of Stools, but we must eat plentifully of it if we design any Good from it: If Men have been guilty of Excess in Fuddling, Lettice will recover them from it, especially if it be eaten with

Vinegar ; but Vinegar alone has this Effect, if taken plentifully, but then Lettice is not so prejudicial, and may be made free with.

Coffee is useful to disperse a drunken Fit, or to take off its Effects, and to keep us awake ; it has these Effects, by proving diuretic, and carrying off by the Kidneys whatsoever is offensive to the Blood. Debauches are carry'd off by Tea, because it dilutes and is diuretic, as also diaphoretic ; and the Feverishness as well as Fevers are relieved by it.

### HEAD-ACH.

The Head-Ach is a painful Sensation in the Muscles, Membranes, Nerves, or other Parts of the Head.

The Cause hereof is supposed to be whatever too much distends the nervous or membranous Parts, whether by ratifying the Fluids themselves, increasing their Quantity, Motion, or both.

The more superficial the Pain the better, but the more acute and continual the worse. An enormous Vomiting in the Time of the Pain, with a Deafness and Watching, portends Madness.

Let the Diet be Panada, Gruel, Tea, &c. Flesh should be avoided, especially if the Pain be attended with Pulsation.

Bleed in the Arm or Foot, or apply Leeches to the Temples and behind the Ears. It is proper in the next Place to give a gentle Emetic, be the Pain symptomatical or original ; then a composing Draught with a little Spir. Lavend. and Tinct. Castor. in it.

After this apply a Vesicatory to the Neck, and when it ceases to run, if the Patient be of a gross Habit, cut Issues, Setons, or use perpetual Blisters. It is also proper to snuff up the Nostrils a Mixture of *Aq. Hungar. & Ros. Dam. a. a.*

Purgatives



Purgatives also are proper, made of Tinct. Sacra, with a few Drops of Tinct. Castor. Diaphoretics likewise assist. If the Disorder be accompanied with Watchings, Opiates must be used after proper Evacuations.

A Linen Rag dipt in the following Mixture, and applied warm to the Temples, may be useful. *R. Aq. Hungar. Spir. Lavend. Camp. a. a. Unciam unam, Spir. Vin. Campb. Laud. Liquid. a. a. Drachmas quatuor, M.*

Have you a Pain in your Head? The Decoction or Infusion of Vervain being drunk abates the Pain. Coffee is excellent for Disorders of the Head, for it recruits by its volatile and oily Parts the animal Spirits, and Head-Achs, which depend on Disorders in our digestive Faculty, that depend on Viscosities, and Grossness of the Juices are cured by it.

But where the Membranes are inflamed, the quick Motion it communicates to the Blood would be much heightened by Coffee, and would drive the Takers of it into a Phrenzy or a Madness: Neither can it be of any Advantage to such Head-Achs as proceed from Membranes too elastick, because the Use of it may bring on Convulsions.

In fine, it is best given in Head-Achs which are called sympathetical, that is in those whose Causes do not lodge in the Head. If Persons troubled with slow Fevers are attacked with a Drowsiness, from Humours seizing on the Brain, or with Pain there, a little Coffee is allowable to disperse those Humours, and to carry them off by Urine.

Tea is of great Use in Cases of the Head, which depend on gross and viscous Humours: Experience makes us wise in this Point; and as some few Dishes of Tea take off a present Head-ach, it follows, that if it returns frequently, we have it in our Power to relieve and prevent it also.

If

If you have Distempers that affect the Head at certain Seasons, or upon the Changes of Weather, the Tinctura Sacra is a good Preservative. If you hold the Feet an Hour every Night in warm Water, it will cure the Head-Ach.

If Persons are troubled with Pains in their Heads, which occasions a pale Water, that is, if they are infested with hysterical Pains, it is good by turns to take good strong Snuff, that will help their Noses to run much: The Snuff may be *Pulv. Fol. Asari* given at Night.

Pains of the Head are either external or internal. When the Pain is external, it may be known by pressing the Finger against the Part pained; for in such Cases, that Pressure will somewhat increase the Pain, till it be removed.

Pains of the Head, which are external, are the least dangerous; they happen either in the Cutis, or in the Muscles of the Head, or in the Membrane called Pericranium, and are commonly occasioned either,

First, By the Pressure of the Blood against the Extremities of the Nerves in the Coats of the capillary Arteries in the Part affected, owing to the viscid Quality of the Blood. Or, 2dly, By acrid Particles excreted from the Blood, and brought to immediate Contact with the Extremities of the Nerves affected. Or,

Thirdly, The Head-Ach will sometimes be occasioned by a Constriction of some capillary sanguine Arteries, produced by too great external Cold. But this Pain may be soon removed by emollient Fomentations, (made *cum Decoct. Fol. Alib. Malv. &c. Aq. Hungariae, Spir. Lavend. Mixtis, &c.*) applied warm to the Part affected.

When the external Pain of the Head arises from the viscid Quality of the Blood, those Attenuants and Diluents which will dissolve the viscid Humours,

and render the Blood and Lymph duly thin, are the proper Remedies.

When the external Pain is produced by acrid Particles, give such internal Medicines as will destroy the Acrimony of the animal Fluids, and rub the Part affected with a Mixture of *Aq. Hungaricæ, et Aq. Ros. Dam.* to dislodge the stimulating Particles.

In both these Head-Achs outward Applications are proper. *Spir. Vin. Rect. vel Spir. Lavendul.* mixed in due Proportion, *cum Aceto*, will frequently constrict the distended Vessels, force the obstructed Fluids into their returning Veins, and procure Ease by removing the proximate Cause.

But when some morbid Quality of the Blood was the antecedent Cause of the Disease, proper internal Remedies for altering that Quality should always be advised, which Method only can secure the Patient from the Returns of his Malady.

The Pains of the Head which are internal, that is seated in some Part within the Skull, happen either in some Part or other of the interior Periostrum, or of the Dura or Pia Mater; and the most frequent Proximate, or immediate Causes of them are, either,

First, Too great Pressures against the Extremities of the Nerves affected, occasioned by the viscid Quality of the Blood; or, secondly, some acrid Particles brought to immediate Contact with the Extremities of the affected Nerves; and we must endeavour to find out in every Patient which of the Causes mentioned, produced the Pain complained of.

For if there be an Inflammation of the Part affected, and a symptomatic Fever comes on, we may then conclude, that there are viscid Humours in the Blood, or Particles too bulky for an easy Circulation, which are the antecedent Causes; and that too great Pressures against the Extremities of the Nerves affected,  
are



are the immediate Causes of the painful Distemper of the Patient.

But when there is no Inflammation of the Part affected, we must infer that the Pain was produced, either first, by elastick Air ; or, 2dly, by saline, or other acrid Particles excreted from the Blood, and brought to an immediate and close Contact with the Extremities of the Nerves affected : Such acrid Particles so excreted, are the most frequent Causes of painful Distempers.

Some Pains of the Head owe their Rise to Disorders in the Stomach ; which is often the Case, when Pains in the Head do follow great Sickness in the Stomach, and this may depend on the Sympathy of the Nerves in the Stomach, and the affected Nerves in the Head. This Sympathy seems to be the Reason why Fractures of the Scull, Hurts of the Brain, and extreme Pains in the Head, bring on Sickness in the Stomach and Vomitings.

When therefore a Physician is called to a Patient, who complains of the Head-Ach, he should always enquire into the State of his Stomach, and consider whether there is any Distemper on it, which must occasion the Pain ; and truly, in all Diseases of the Head, we ought to have a special Regard to the Stomach. The curative Indications in these internal Pains, are much the same as in the former sort.

Some outward Applications are proper in these Head-Achs, *e. g.* 1. Suitable Powders or Liquors snuffed up the Nostrils, because they may produce Effects on the Parts within the Scull, by their Stimulus on the Extremities of the olfactory Nerves, which are so near their Origin ; for that Stimulus, as it occasions a Derivation, or quicker Flow of Fluids towards the Nostrils, so a Revulsion from the Parts pained, and thereby a sensible Relief to the Patient.

2. Suit-

2. Suitable Fomentations or Liniments applied to the Sutures of the Head ; because some Parts of them may not only pervade the Epidermis, Cutis, Muscles and Pericranium, but also pass to the Dura Mater by Means of those Fibres and Vessels, which that Membrane sends through the Sutures of the Skull to the Pericranium.

Periodical Head-Achs are to be managed as periodical, or intermitting Fevers ; Regard being had to the antecedent Causes, and the present conjunct Symptoms.

*Ophthalmia, and Films on the Eyes.*

An external Ophthalmia is a Stagnation of the Blood in the Capillaries of the Tunica Adnata of the Eyes, attended with Inflammation, Heat, Pain and Swelling.

The internal Causes are the same as of other Inflammations. The external may be any thing forced against, or coming into the Eyes, irritating or compressing the Fibres of the Tunica Albuginia.

Liquids are here preferable to Solids, and boiled Meats to roast. All acrid, salt and spiced Meats, much milk, or any thing viscid are bad. Moderate Exercise, a clear Air, and covering the Eyes with green Silk are useful.

Bleeding is necessary ; use Sternutatories, give gentle Cathartics and Diuretics. Take white Poppy Heads, with their Seeds bruised, two Ounces, boil in Water, a Quart to a Pint, strain and dissolve in it half an Ounce of the white Troches of Rhases, and foment the Eyes with it warm. This asswageth inflammatory Pains of the Eyes, and is proper for sore Eyes with Pain and Fluxion.

Whenever the Eyes are inflamed or blood-shot, you may hold your Eyes over the Steams of hot Coffee, for these Steams being watery and volatile,  
are

are a sort of Fomentation applied to them; and as these are useful to disperse impacted Humours, and are surely and constantly made use of by the Surgeons for that End, this Vapour is but a Species of them, and in Eyes blood-shot and gumm'd up it is very useful.

To take off Films and Pearls in the Eyes, give the Patient every Morning two Ounces or more of the Infusion of Millepedes, and drop into the Eyes thrice a Day a few Drops of the following Collierium. Take Fennel Water, one Ounce; white Sugar, one Dram; crude Sal Armoniac, one Scruple; Sugar of Lead, ten Grains; mix for use.

### EYES wounded.

When the Eyes are bruised or wounded, bleed the Patient; then give gentle Cathartics and Opiates at Night: Put into the Eyes *Aq. Hord. & Mel. Ros.* afterwards *Spir. Vin. gal. & Mel. Ros.* and apply *Catapl. ad Ocul. Contus. vel Catapl. refrigerans in Fuller.*

A Splinter of Wood leaped into the Eye of a Girl, as she was chopping of Sticks; the Wound was so grievous, that the aqueous Humours came forth in a few Days Time; all this while she could neither see, nor take any Rest: She was recovered in this Manner; first, there was dropped into her Eye *Bals Sulph.* warm, and then a Cloth wet therein was apply'd, by which she was cured.

A Child of seven Years of Age had a Puncture in the Eye with a Knife, which was cured by dropping therein *Bals. Sulphur.* warm, and laying a Defensative round about it.

### Deafness, Noise, and Pain in the Ears, &c.

Sometimes the auditory Passage is wanting or blocked up in Children; at others Deafness is hereditary,



ditary, or proves the Consequence of Fevers, the Apoplexy or Epilepsy.

This Disorder may also proceed from the catching of a Cold, a Stoppage of Evacuations, Concussions or loud Noises, as the firing of Guns, &c. by which the Tympanum is supposed to be overstretched or broke.

A moist Air also may relax the Membranes of the Ear. Wax may be collected in too large a Quantity, or hardened in them, and so obstruct the Passages. Animals or extraneous Bodies may lodge therein; and Swellings, Impostumes and Ulcers, may prove the Cause of Deafness.

If the Deafness proceed from a Rupture of the Tympanum, or be hereditary, it is incurable. If it be of long standing and continual, it is seldom cured; but there are Hopes of a Cure when it comes by Intervals, and when it attends Fevers. Wax appearing in the Ears is a good Sign.

For a Relaxation of the Tympanum, drop of the following Mixture warm into the Ears. *R. Aq. Hung. Spir. Lavend. Comp. Tinct. Castor. a. a. Drachmam unam, M.* Here omit oily Medicaments, and use Purgatives, Diaphoretics and Vesicatories.

If an Insect be got into the Ear, so far that it cannot be extracted by the Auriscalepium or Forceps, endeavour to kill it by dropping of the following Mixture warm upon it. *R. Tinct. Myrrb. Comp. Ol. Amygd. Amar. a. a. Drachmas duas, Ol. Absinth. Sabin a. a. gut. X. M.* This is also proper in case of an Ulcer in the Ears.

Insects and other foreign Bodies should be extracted with the Auriscalepium, if sneezing, coughing, blowing the Nose, &c. avail nothing; for a Noise in the Head, being a Symptom of Deafness, and generally proceeding from Impostumes, &c. in the Passage, *R. Ol. Amygd. Amar. Tinctur. Castor. a. a. Drachmas duas, M.*

If

If the Deafness be attended with great Pain, *R. Mic. Pan. Alb. Uncias duas, Decoct. Malv. 2. S. fiat Cataplasma, & adde pulv. flor. Chamæmel. Sem. Fenigr. a. a. Drachmas quatuor, Camphor. Scrupulos duos, M. fiat Cataplasma. Applicetur alterutri vel utrique Auri, pro re nata.*

When the Ears rage with Pain, the following Mixture is excellent, being dropt into them. *R. Bals. Peruv. Laud. Liquid. a. a. Drachmas duas, M.* The Steams of Coffee is good for Inflammation and Pain in the Ears, it will set the Wax free, and relieve such Complaints. *Fuller's Catapl. Auricul.* and Vapour for the Ears, are likewise proper for Pain, &c. in the Ears.

For Deafness and Noise in the Ears, inject warm Water into them, or take out the Wax with an Auriscalpium; then use *Fuller's* acovistic Mixture. The cephalic and sternutatory Powders in *Quincy* are both proper. Mithridate given inwardly is good, and so are the carminative Pills in *Fuller*.

#### BLEEDING at Nose.

The Air is the Cause sometimes of this Distemper, as it is the most common Occasion of others; in Summer it is loaden with fiery Particles from the Sun, that are reflected, and therefore toss'd back upon the Surface of our Body with Force, and are mix'd with our Blood by the Mouth and Pores, and that add Motion to the Blood, which is universal; those Vessels that are highly distended with the rarified Blood, and are the weakest, are in Danger of cracking.

As to our Diet, namely Eatables and Drinkables, all the World is appriz'd of their Effects in human Bodies: They who feed upon high Spices and Meats strongly salted, and who drink generous Liquors, and acrimonious Things in great plenty, against all Advice,

Advice, and beyond Measure, deserve justly to suffer for such a Crime: All spirituous, aromatic or volatile Things taken too copiously, when they come into the Blood, do rarefy it and drive it rapidly on, as may be guess'd by the Frequency of the Pulse, since the whole System of the Vessels must be stimulated upon such acrimonious Food, and make all Resistance fall before it.

If we exceed in Exercise, this same Distemper may arise from the Force impressed on the Vessels, for by it the Blood and Humours are agitated more than usual, and are driven faster round the Body: Watching being a sort of Exercise, adds its Mite towards the Bleeding also. As for the Secretions, nothing is more common than for this Disorder to arise from a Suppression of the Women's monthly Flux, as it has been observ'd to do from the suppress'd Piles; and surely, if those Things are retain'd within us, that ought to be cast forth, they find out some other Floodgate, and run thither with Violence.

The Passions of the Mind have a known Influence over the Motion of the Blood and Spirits; for Anger puts all in Motion and Fire, it gives us no Respite, and we always feel the ill Effects of it; for an irregular and impetuous Motion of the Blood endangers a Breach of the Vessels; and as Anger has its Scene in the Brain, it acts upon it and all the adjacent Parts, and contributes to break the Vessels there, as several Examples have testified in Apoplexies, from Blood spilt on the Brain, which arose from a violent Passion.

There are certain Drugs that are very moving and forcing, which being given internally to raise Bleedings, such are Forces of the menstrual Flux, such are warm Bath Water, and many too volatile and attenuating Remedies given too plentifully: Some have fallen into a Bleeding from Strokes, Falls, Shoutings, Sneezing, and all such Things as



are capable of exciting too brisk a Motion on the Fluids.

Wherefore, in order to escape the Distemper, where Patients are subject to it, they must avoid the scorching Heats of the Air; they must refrain from Spices, Spirits, Wine and Salt Meats; they must forbear any excessive Exercise; they ought to indulge Sleep, and shun all those Passions that put the Blood into a Hurry; they ought in a particular Manner to keep a strict Eye on all their natural Discharges, of Blood especially, and see that they be promoted again if they fail.

In Bleeding at the Nose the Cortex Peru given with Acids is excellent; *Sal. Prunella*, the Spirit of Sulphur and Vitriol, Boyle's Hemoptoic Electuary, and Fuller's Hemoptoic Julep, are all good in this Disease: Opium is proper in all epidemical Fluxes, whether of Blood by the Nostrils, by the Stomach, the Intestines, or the Womb. In Bleeding at Nose, pound some Betony or Nettles, make thereof a Tent, and put it up the Nose. Many have been cured by applying to their Scrotums a cloth wet in Vinegar; but if all these fail, put a Tent up the Nose armed with a good styptic Powder.

#### *Tooth-Ach, Teeth foul.*

The Tooth-Ach commonly proceeds from a Caries beginning in one Tooth, which, unless a Stop be put thereto, usually destroys the Nerve in the same, and so the Pain ceases.

The Cause of this may be whatever corrodes the Nerves, or makes the Teeth fetid or carious; sometimes no particular Tooth is affected, but a whole Side of the Jaw upon catching Cold, without their being carious.

When violent or of long Continuance, it makes the Patient feverish, and may prove dangerous.

Swelling in the Cheek or Gums, forebushes the Pain abating. 'Tis worse in Winter than in Summer, and worse in scorbutick Habits: Whilst the Pain is present, a slender Diet is the best.

If the Patient be sanguine, feverish, and the Head be much disordered, bleed, and if that relieves not, apply a Blister to the Neck or behind the Ears, or instead of the latter a Burgundy Pitch Plaister. Opiates given internally are excellent here.

In case of Pain in the Head, Face, &c. from the Tooth-Ach, the following Mixture is serviceable, a few Drops of it being let fall warm into the Ear now and then. *R. Ol. Amygd. Drachmas sex, Laud. Liq. Drachmam unam, Tinctur. Castor. gut. 60. Ol. Succin. gut. XX. Ol. Caryophil. gut. X. M.*

When the Tooth is hollow, some venture to put into the Cavity a Drop or two of *Ol. Caryophil.* or *Origan.* with Cotton. Some use *Ol. Vitriol.* or an actual Cautery, which exfoliates and stops the Caries, destroys the Nerve sooner, and sometimes the Tooth itself.

But it is safer to apply the following in the same Manner. *R. Opii Camphor. a. a. gr. V. M. pro Pilulis IV. R. Tinct. Myrrh. Laud. Liquid. a. a. Drachmam unam M.* These put into the Tooth, either alone or with Lint, give immediate Ease.

If the Pain still continue, purge, and if that fails draw out the Tooth, lest it foul the Jaw, and bring on bad Consequences: But if this cannot be allowed of, let the Cavity be stopt up with Wax, Mastic, Lint or Lead, for the Pain renews with the Admission of fresh Air.

When the Pain spreads over the whole Jaw, Brandy or Spirits of Wine held in the Mouth will often remove it: In this case likewise an Opiate may be given over Night. The Mixture with *Ol. Amygd.* will here be good also.

The Symptoms that arise in this Case are, 1st, A

Pain in the Head, for which if it be obstinate prescribe Bleeding, Blistering, Purgings, Plaisters to the Temples and Opiates. 2dly, Pain in the Ears, which treat as in the beginning of the Cure.

3dly, Pain and Swelling of the Gums, for which scarify or apply hot Slices of roasted Figs to the Part, and open the Tumour with a Lancet if it be ripe, which may be known by the Diminution of the Pain and Throbbing, and the Fluctuation of the Matter when prest with the Fingers.

4thly, Swelling and Pain in the Cheek, which is also critical, as happening when the acute violent Pain is gone off. *Ol. Chamamel. et Acetum, vel Ol. Rosar. et Acetum*, are proper to take down this Swelling; or use a Mixture of *Ung. Dialib. Spir. Lavend. Comp. et Vin. Campb.*

As for the Tooth-Ach which meets with so little Relief, 'tis eased by gargarising the Mouth with Wine or Vinegar, in which Betony has been boiled; besides a Decoction of Fir-Shavings held in the Mouth cures very violent Pains. These must needs dissolve the sharp Humours which corrode the Roots of the Teeth.

The Blackness and Erosion of the Teeth, may proceed from a general Caries, a scorbutic Habit; the eating or drinking of Things too hot or too cold, a general Neglect of cleaning them, the too liberal use of Mercury. 'Tis attended with little Danger, but it frequently subjects the Person to the Tooth-Ach.

The following Powders are very serviceable, and well adapted to cleanse, preserve and whiten the Teeth. *R. Cremor. Tartar. Vitriol. Bol. Arm. a. a. Drachmas duas, M. Vel R. C. C. C. Drachmas quatuor, Myrrh. Drachmas duas, M.*

Coffee Powder is good to whiten the Teeth, and it makes them very clean by rubbing them well with it, and washing with Water afterwards. Some use  
as



as a Dentifrice, the Powder of a Crust of Bread, Brick Dust, or Tobacco Ashes.

*Gums scorbutic, Mouth ulcerated.*

The Scurvy often corrodes the Gums, and loosens the Teeth, or causes them to fall out; as does also a sharp Humour lodged in the Alveoli. In this case the Gums are apt to bleed upon the least Touch; the Teeth smell ill, and the Texture of the Gums is spongy, and will sometimes sink away from, or rise too high upon the Teeth.

Let the Regimen be the same as in the Scurvy, if the Disorder be general, but if only slight and partial, no particular Diet is necessary to be observed. Bleed, if the Patient be sanguine, or apply Leeches to the Gums, if the Complaint be particular. If the Patient be in the Flower of his Age, or lives high, give a few mercurial Purges; afterwards R. *Aq. Flor. Sambuc. Mell. Rosat. a. a. Unciam unam, Unguent. Egypt. Drachmas quatuor, M.* This is good for scorbutic, swelled and bleeding Gums. *Vel R. Aq. Rosar. Rub. Mel. Rosat. a. a. Unciam unam, Ung. Egypt. Drachmas duas, Tinct. Myrrh. Spir. Coch. a. a. Drachmam unam, Ol. Vitriol. gut. XX. M.* Burn Rosemary to Ashes, and rub the Teeth and Gums with it to whiten, and heal Tumours.

The following Mouth Water is good also in Ulcers and Cancers of the Mouth, when used as a Gargle. R. *Fol. Salviae M. j. coque in Aq. font. Uncias octo ad Colaturæ Uncias quatuor, adde Aceti Vin. Alb. Uncias quatuor, Mel. Uncias duas, Alum. rup. Drachmas quatuor, coque et despume.*

*Lips, Ears, and Hands chapped.*

The Lips, Ears and Hands chap in cold Weather, because the Cold immediately contracts these

Parts, which are much exposed to the Air: The free Circulation of the Blood and Humours ceases; the Blood and Humours stopt, ferment, corrupt, and turn into Pus; the Fibres are corrupted; the internal Air is disengaged, and makes it self large Apertures to pass off at, because then a more violent Fermentation is occasioned.

Snow is good to cure the Disorder; the Salts which congeal the Juices, the Blood, and the Humours, are attached to the Snow, and retire into their Pores; or the Particles of the Snow which dissolve insensibly, and communicate by degrees a slight Agitation to the frozen Parts which loosen them, and disengage them, which restore the Blood to its Fluidity, and open the Passages of the Blood to restore its vital Influence to all Parts.

*Quinzy, and Relaxation of the Uvula.*

Pepper is used along with Allum in Powder for a Relaxation of the Uvula, or as it is vulgarly called, when the Palate of the Mouth is down; for the Allum contracts the Fibres, and the Pepper exhales the Moisture that relaxes it.

The Quinzy is a Difficulty of Respiration and Deglutition from an internal or external Disorder of the Muscles and Glands about the Throat and Larynx. 'Tis either inflammatory, and may suppurate, or it is cedematous, and so may be caused by a Plethora, a Stoppage of the Menfes, a sudden Check of any preternatural Evacuation, the drinking of cold small Liquors when the Body is hot, Continuance in a cold Air, or Viscidity of the Juices.

All Obstructions of Respiration are dangerous, especially those attended with Pain, Redness in the Face, and a Fever. An Inflammation of the Muscles of the Larynx, is thought worse than of the Uvula. Obstructions from Viscidity worse than those from a Plethora.

An

An internal Angina coming after long Diseases or great Evacuations, is bad, or happening suddenly without any Signs preceding, is very dangerous, the Lungs being then commonly suppurated.

In the external Species, Wine and Flesh are forbid: Water-Gruel, Barley-Water, Tea, Sage-Tea, Panada, roasted Apples, &c. are proper; and in case of Faintness, Sack-Whey and Chicken-Broth. Let all that's drunk be warm, and the Patient's Head laid high.

In an external Quinsy, before any Signs of Suppuration appear, Phlebotomy is universally necessary, especially in the sanguine; and let it be performed in the Jugular, or in the Arm, and repeated boldly, as occasion requires.

If this relieves not in a few Hours, give a Glyster made of the common Decoction for Glysters, Lenitive Electuary and Epsom Salt; after the Operation give the following Draught, *R. Ol. Amygd. D. Unciam unam, Syr. de Mecon. Drachmas sex, Spir. Nitri Dulc. Drachmam unam, M.*

Soon after apply a Vesicatory to the Neck, and others to the Arms, if a Fever appear: When the Blisters begin to dry, give a gentle Purgative, such as the following, *R. Elect. Lenitiv. Drachmas sex, Cremor. Tart. Drachmam unam, Pulv. Sanct. Drachmam dimidiam, M.*

In a Quinsy bleed, blister, and give proper Internals to allay the Effervescence of the Blood and Humours. The decoct. Coccin. in Fuller, the sulphurous Lohoch in Allen, and a Decoction of Tamarinds in Whey, are excellent Medicines in this Disease.

The following Powder I have often experienced. *R. Cremor. Tartar. stor. Sulphur. a. a. Drachmas quatuor, Sal. Prunel. Sacch. Alb. a. a. Drachmas duas, Misce fiat Pulvis in Chart. X. aequales dividendus.* 'Tis an excellent Medicine for Inflammation



of the Tonfils, Uvula, Larynx and Pharynx, fo cures the Quinſy.

Uſe the following Gargle, Vapour and Cataplaſm, R. *Aq. font. Aceti optimi a. a. Uncias duas, Mellis ſeſquiunciam, Miſce pro Gargarismo.* This brings away groſs and ſlimy Matter, is good in a Quinſy, and for Pains in the Teeth and Gums. The Steam of Pepper being received from a ſmall-mouthed Bottle from Water, in which it is to be boiled, into the Mouth, relaxes the inflamed Parts, and diſperſes the Swelling there, after Bleeding and gentle Phyſick.

If there be a Swelling outwardly in the Quinſy, apply a Cataplaſm of beaten Figs, Ointment of Marſhmallows, and Spirits of Wine camphorated, warm to the affected Part, which will not only diſperſe the Swelling, but alſo bring it to Suppuration when it is diſpoſed.

Internal Angina's or Quinſies, where the Muſcles are relaxed and waſted, are not to be cured by external and internal Remedies, but a neutritmental Diet. If the Quinſy be watery or cedematous, treat it as a Dropſy; if paralytic, as the Palfy.

#### HOARSENESS.

Great and long Hoarſeneſſes are remedied by the Uſe of Muſtard; and ſome who catch cold, are not ſo much troubled with Coughs as with a groſs Humour, that lines their Wind-Pipe and makes them hoarſe: If this were a thin ſharp Matter, it would not fail to tickle, and then they muſt cough of courſe: But the Thickneſs of it makes it cling cloſe to the Lungs, and the Air, which ought to run glibly out of the Paſſage, is ſtopt, and they ſpeak hoarſe; beſides the Pipes grow wider by being made more ſlabby with Phlegm. As the Phlegm is the ſole Occaſion of all this Inconvenience, we muſt drain it out of the Blood by Phyſick, if neceſſary, and the plentiful

plentiful Use of Mustard will dry it up, and clear up the Voice.

Raisins are good in Coughs depending on a Sharpness of Blood; and their Decoction relieves Hoarsenesses, and sheaths any Acrimony in our Juices: The sweet Pies, Puddings and Gruels therefore made of them, are proper for meagre, thin, and hot Constitutions. All Emollients and Opiates are good in thin sharp Rheums, tickling Coughs, and proper in dry Coughs, which proceed from a sharp and saline Humour.

### COUGH.

A Cough is a convulsive Motion of the Diaphragm, Muscles of the Larynx, Thorax and Abdomen, violently shaking and expelling the Air that was drawn into the Lungs by Inspiration. 'Tis either accidental, habitual, or hereditary.

An accidental Cough may be occasioned by hard Drinking, sudden Alteration of Weather, Change of Cloaths, or the catching of Cold, which is a Stoppage of Perspiration, whereby the Lungs and Glands about the Head and Throat are overloaded with Lympha, or Serum, which goes off by Expectoration, or through the Nostrils.

An habitual or natural Cough, may proceed from a particular Weakness of the Vessels, or some Fault in the Constitution; and the hereditary may be received from the Parents, or be owing to some particular Structure or Organization of the Body.

In pituitous Coughs the Matter is often so viscid as to lodge in the Glands of the Trachea, so that the more fluid Part running back washes off the Mucus designed to defend the Trachea, leaving it bare and exposed to the Injuries of the Air, from whence proceeds the Hoarseness, Tickling and Excoriation, which so frequently happen in Coughs.

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An hereditary Cough is incurable ; dry ones, and those of long standing, hard to cure. A sudden Stoppage of Expectoration happening after a Pleurisy, in those who are subject to Hemorrhages, Hoarseness, or an Asthma, is accounted a bad Prognostic ; especially where the Thorax is naturally strait. Breakings out about the Mouth and Nose portend a critical Solution.

Let the Patient keep warm. The Diet should be liquid ; Linseed-Tea is of Service, so is the common black Troches. In weak Constitutions, and in old Age, where Expectoration is languid, a Glass of Wine and good Broths are allowable ; but Malt Liquors or Salt Meats, Aromatics, and high Sauces do harm.

Bleeding is proper universally, except in very weak and aged Persons ; and ought to be repeated in Proportion to the Demand. If the Cough be dry and vehement, apply a Vesicatory to the Neck, and when the running of it ceases, give the common purging Portion, and on the Evening exhibit a Purgative made of *Aq. Hyssop. Puleg. Syr. de Alb. Tinct. Croci et Laud. Liquid.*

If the Patient be young, the Matter expectorated thin, and the Cough prove tickling, and hinders the Patient's Rest, let the following be used, *R. Conf. Ros. Rub. Theriac. Androm. Syr. de Mecon. a. a. Unciam unam, Pulv. Oliban. Drachmas tres, Terr. Japan. Drachmam unam m. f. Elect. sumat quant. Nuc. Castan. omni Nocte.* In case of a Hoarseness and asthmatical Coughs, give *Balsam. Sulph. Anisat. gut. XX. bis terve in die cum pauco Saccharo.* If the Case prove stubborn, let a perpetual Blister be made.

If the Blood be loaden with too much Moisture, or with gluey Humours, it stops in the Glands of the Lungs, and is separated there, and occasions a Cough and Difficulty of Breathing ; and therefore in these Cases, Coffee is very beneficial. Tea is good



good in Cases of the Breast, with Milk ; so that in tickling Coughs, if it be infused in Milk instead of Water, it has a very good Effect in allaying those sharp Humours that infest the Passages of the Lungs, and which allow us no Rest, Night nor Day.

For a Cough and Difficulty of Breathing, give to the Patient every Morning in a raw Egg, *Bals. Sulph. Anisat. gut. XX.* and a Decoction of *Rad. Glycyrrh. Emul. Camp. et Fol. Heder. terr.* for common Drink, *vel R. Rad. Glycyrrh. Rad. Irid. florent. a. a. Drachmas sex, Rad. Emul. Camp. Flor. Sulph. a. a. Drachmas duas, Ol. Sulph. Scrupulum unum, Mellis q. s. m. f. Elect. Capiat quant. Nucis Juglandis bis in die.* See Asthma, Consumption.

### ASTHMA.

An Asthma is a Difficulty of Respiration from a Disorder of the Lungs, usually attended with violent Motions of the Diaphragm, abdominal and intercostal Muscles, and with a Stertor or Ratling in the Throat.

If the Difficulty of Breathing be so great as to occasion a violent Motion of the Muscles of the Scapula and Thorax, and all the other Symptoms of an Asthma, so that the Patient cannot be tolerably easy, but in an erect Posture, it is called Orthopnia.

It may be caused from Pus, thick or slimy Juices, or Polypus's in the Bronchia ; violent Exercise, sudden Fear or Surprise, Stoppage of Evacuations or Secretions, ill Digestion, Cachexies, or whatever affords viscid Chyle, hinder Concoction, or by distending, over-charging, or constringing the Canals, a slow Circulation ; and lastly, any thing which prevents the animal Spirits from elevating the Thorax ; as too great a Viscidity or Fluidity in the Blood, If

If an Asthma be caused by Polypus's in the Lungs, or by a general Viscidity, it proves continual, tho' it alters with the Weather, and is incurable. A Stertor shews the Trachea or Bronchia to be stuffed; when if the Patient expectorates freely, the Distemper may go off that Way: A spontaneous Looseness sometimes cures it; in old Age it is hard to cure; a Pleurisy coming on it is mortal. A plethoric is better than a phlegmatic Asthma.

All viscid Diet, as Cheese, Rice, &c. is accounted bad; all thin Spoon-Meats, as Broths, &c. good. If the Patient be weak, boiled Meats are preferred to such as are roasted. Let the Patient enjoy a clear Air, and use moderate Exercise.

Bleed universally, tho' but in a small Quantity, as that of three Ounces, now and then, and this may be done even in case of Weakness and old Age; but in the plethoric, take away a larger Quantity. If the Obstruction be lodged deep in the Lungs, bleed in the Arm; if about the Trachea, or a Stertor attend, in the Jugular.

After Phlebotomy, if the Patient neither vomits, spits Blood, nor be subject or evidently liable thereto, give an Emetic while the Fit is off; if the Patient be weak, *R. Aq. Cinnam. terr. Oxymel. Scil. a. a. Unciam unam, Sal. Vitriol. Drachmam unam. M.* Let the Vomit be repeated twice a Month, and after the Operation give Pectorals.

The following Electuary has been found useful, even when the Distemper seemed inveterate and fixed, *R. Mel. Uncias quatuor, Pulv. Glycyrrh. Enul. Camp. a. a. Drachmas quatuor, Sem. Anisi, Flor. Sulph. a. a. Drachmas tres, M. Capiat quant. Nuc. Castan. ter in die.* This is often used with Success, and by it the Patient may be brought to pass his Life more easily.

The whole Mass of Blood passing through the Lungs, by virtue of the Circulation, it is impossible for

for the Blood to be under any ill State, but the Lungs will feel the ill Effects of it; for this Reason, if the Blood be loaden with gluey Humours, or with too much Moisture, it stops in the Glands of the Lungs, and is separated there, and occasions a Cough, short Breath, and an Oppression; and therefore, in these Cases, and for Persons who are asthmatical, and who are used to spit much, and cough often, Coffee is given with good Success.

For it procures to them a good Digestion, and good Blood, and by attenuating the Viscid that was in the Juices, no gluey Matter can be generated: Coffee gives fresh Vigour to the Spirits, it dries up Humours, and cures all those Diseases that depend on too much Moisture, such as Rheums on the Breast, and Defluxions any where, and is good in asthmatical Cases especially, if it be taken with Tincture of Saffron.—See Cough.

*A Spitting Asthma, Diarrhea, and Watchings.*

A humid and spitting Asthma may be joined in with a Diarrhea and Watchings, which have often been relieved with Pectorals and Opiates fitly prescribed; for as the Pectorals are lenient, they promote the Flux, and as the Opiates condense or fix our Humours, they are prejudicial to the Expectoration; hence the Medicines are contrary, but as the Danger is equal on each Quarter, therefore neither is to be neglected.

*Spitting of B L O O D.*

The Air often occasions this Disease, inasmuch as it inflames the Blood and Spirits by its fiery Nature, and renders it also too acrimonious; from such a Disposition of the Blood, the Vessels may give Way both by the Juices taking up more Room, and



Corroding these Vessels ; or inasmuch as it is too cold, it may contract the Vessels into a narrower Compass, and make them too strait to hold their Contents, and thus also may Spittings happen ; for Cold affects the Lungs immediately, and raises Coughs and Spittings of Blood.

The next Thing to be considered in Spittings of Blood is our Diet ; when we feed with a plentiful Hand, when our Meat and Liquors are too nourishing, a Plenitude or full Habit will be contracted, and will greatly contribute towards this Disease : Liquors too spirituous, plentifully used, do introduce a Spitting of Blood, because they over-heat and rarefy the Blood and Juices, and this State distends the Vessels even to a Breach of them.

The Retention of the menstrual Flux, or of the bleeding Piles, do often produce this Disease, because where there is either a Plenitude contracted, or there is a Stagnation of Blood in the Lungs, a Road is paved for such a Distemper. Violent Exercises bear a great Sway in causing Spittings of Blood ; so do a Straining to vomit, to go to Stool, Labour, Running, Fighting, a strong Inspiration, shouting aloud, and lifting up great Loads, &c.

Amongst all the Passions of the Mind, Anger is the chief Cause of this Distemper, for it promotes the hasty Motion of the Blood and Spirits, and tosses them in a violent Manner, or the Blood is hurried on in so irregular a Manner, that there ensues a Breach ; for what Vessels can bear such a Shock ? A Bruise, a Fall, a Stroak, a Wound, Fever, and Coughing do occasion it ; for where there is any great Impediment to the Motion of the Blood, or too excessive a Motion of the Fluids, Blood does readily flow from thence.

These Causes producing this Distemper are the Result of Experience, wherefore the preservatory  
Cure

Cure must provide against two Evils, to wit, lest a Spitting of Blood should return, and lest an Ulcer should be bred from this Spitting: Both these Inconveniences are prevented, if the Patients follow an exact Regimen of Diet, and the Blood be kept from abounding, and in a due Temper.

Fasting, restraining from Excess in Meats and Drinks of a moving Nature, and Water-Drinking, as also taking away Blood, and avoiding all the Causes I have just come from mentioning, will effectually contribute to prevent Relapses into this Distemper.

In Spitting of Blood from Coughs, Tea boiled in Milk is convenient, because the Milk and the earthy Part of the Tea, which is communicated by boiling, do both contribute to soften the sharp Humours, and to close up the Orifice.

Take Nettles and Plantane, of each an equal Quantity, bruise them and press out their Juice, and when it is settled, give the Patient two or three Spoonfuls thrice a Day: This is excellent for Spitting of Blood, and all other Hemorrhages. The *Elect. Hemopt.* *Jalap.* *Hemopt.* *Syr.* *Acid.* &c. in *Fuller*, are all good Medicines.——See Bleeding at Nose.

*A profuse Hemorrhage, and great Weakness.*

A profuse Hemorrhage, joined to a great Weakness, are an unhappy Complication; if the Hemorrhage continue, the Weakness is encreased, and Death ensues; if the Weakness is remedied by cordial Medicines, the Hemorrhage is kept on Foot: A Neglect of either however is dangerous, and each Inducant presses for immediate Relief, which is not obtained without artfully blending Contraries, to wit, Opiates and Astringents, along with cordial Remedies.

*An Hemoptoe, and Phlegm in the Lungs.*

If an Hemoptoe should be accompany'd with a phlegmatic Saburra in the Lungs, giving inciding Pectorals re-promotes the Spitting of Blood; and Opiates or Astringents for the Hemoptoe, check the spitting of the Phlegm lodg'd, and we shall be in Danger of choaking; therefore we must artfully mix the Medicines, so as the Blood may not ouze, and yet the Phlegm may be expectorated, which though a difficult Point, yet is obtainable by a prudent Practitioner.

*An Ulcer of the Lungs, with an Hemoptoe.*

An ulcerated Gland of the Lungs may at last erode a Vessel by the acrimonious Salts of the Part, and produce an Hemoptoe and destroy us quickly; the Ulcer may reign long without any perceptible Prejudice: But this Flux brings us into immediate Hazard; we must then neglect the balsamic Mixtures, 'till we have quelled the Flux, and then may, as before, go on with our Deterfives for the Ulcer, if they will avail, for this is a desperate Case, and seldom succeeds.

*A Vomiting of Blood, and a Load at the Stomach.*

In a Vomiting of Blood, and a Load at the Stomach at the same Time, it is then necessary to slight the Load the Stomach bears, 'till the Vessel is quite shut, because the Syncopes and Sickness happen not so much from the Saburra, as from the Quantity daily disembogued; first then shut the Vessel, and you may at Leisure rid the Stomach of its Contents by gentle Lenients, which leave a restringent Quality behind them.

*Consumption*



*Consumption and hectic Fever.*

All internal Ulcers wasting the Body acquire the Denomination of Consumptions; but in this Place I speak of a Wasting, happening from a Consumption of the Lungs, which is therefore defined to be an Ulcer of the Lungs, arising from a sharp and acrimonious Matter, introducing a slow Fever, a Cough, a Difficulty of Respiration, and a Wasting of the Body.

The Blood and all the Humours of the Body are greatly vitiated; for without some previous Fault in the Formation of the Lungs, the Juices are always first affected, and with an excessive Acrimony, and at the same Time a Grossness, which lay the Foundations for an Inflammation, and then an Ulcer.

For Humours that are rendered gross, are apt to stick at any Obstacle; and if the Circulation be ever so little retarded, the Acrimony exerts its stimulating Force, and this hurries the whole Bent of the Juices to the Part so fretted; the Part therefore swells and inflames, and an Ulcer is a necessary Consequence of all this Mischiefe unheeded. This short Account gives a great Light into what Methods would prevent the Increase of a Consumption.

The Signs of a beginning Consumption are, a slow Defluxion, a dry Cough, and a thin saltish Spittle; moreover, there is a Disposition which we may call a consumptive Habit, such is a strait Breast, winged Shoulders, and a long Neck; and very often consumptive Parents do beget consumptive Children: For if all other fixed Diseases do make the Children subject to the same, we may readily allow consumptive Parents to generate consumptive Children.

When a Consumption is actually begun, these Signs betoken it; the Body wastes; the Cough is

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more

more frequent ; the Expectoration more free ; Blood and Matter are coughed up ; they have a heavy Pain in the Breast ; their Stomachs are inflated ; Appetite depraved ; they are thirsty ; their Feet swell ; in the Night they sweat much ; they are often faint ; their Pulse is quick and weak ; they have a slow Fever, which encreases after Meals, and the Palms of their Hands and the Soles of their Feet glow, they lose their Vigour and Strength.

In an advanced Consumption all the former Signs encrease, and a Flux succeeds ; their Face becomes hypocritical, that is, their Eyes sink, their Temples flag, their Noses become sharp, and their Skin becomes yellow or pale ; but all those Signs are not observed in all : The most distinguishing Signs are the frequent Cough, the Difficulty of Breathing, the slow Fever, and the Wasting away. At the Beginning it is easily cured, but when once it is confirmed into an Ulcer, it is hard to cure ; that is, when the Matter swells, there is a Flux of the Belly, a Swelling of the Legs, and a Sweating.

Let us examine what Symptoms precede, before any one is seized with a Consumption, and we seldom fail of hearing, that such Persons laboured under a Pain of the Head, a Defluxion, and a Cough ; from whence it appears, that the Effects of most Defluxions are first felt in the Head ; because in Defluxions the Humours swell, and the Head, by Reason of its bony Cover, bears such a Rarefaction badly, and therefore Pain must attend such a State.

Very often a Pleurisy is the Cause of such a Consumption ; for if the Obstruction that occasions a Pleurisy be not taken away, but the Blood is suffered to stagnate and impostumate, then follows an Empyema, or an Abscess in the Breast, which, if not cured in forty Days, introduces a Consumption. Lastly, the Blood offending in Quantity and Acrimony,

ny, especially in a volatile one, erodes, opens, distends, breaks, and spoils all the Vessels, and others in a Consumption.

As to the non-natural Causes, the Air, as it surrounds us, often gives rise to them; for Cold and Moisture in it seldom fail of producing Colds and Defluxions, and cold Air drawn into the Lungs, after heating the Body, is very often a Cause of an Inflammation, at least of an Obstruction of the Glands, which lays a Foundation for a Consumption.

Our Victuals and Liquors contribute their Share, for if certain Victuals be eaten they introduce it, and if good Victuals are thrown in too plentifully, they produce Crudities and Grossness, and at last Inflammations or Obstructions; and Wine taken too copiously inflames the Juices, and creates at last Obstructions: Excessive Motion stretches the Vessels; and Idleness makes the Blood grow thick, and stops all natural Discharges.

As for Secretions, the menstrual Flux in a particular Manner being suppressed, does frequently break the Vessels of the Lungs, and erodes them, so that in this case Consumptions are common; and when People are subject to the bleeding Piles, they have the same Effect.

The Passions of the Mind, whether Grief or Anger, spun out into a Custom or Length, do greatly contribute towards a Consumption; because from Grief the Spirits are exhausted, and the Nerves of the Lungs so contracted that the Blood stops in them, and becomes sharp and irritates; and from Anger they hurry about the Blood so furiously, that the watery Parts are exhausted, and the inflammatory ones are left behind, which stick in the Lungs, and there inflame and impostumate.

As to the natural Causes, a choleric Constitution is one of the most common; because from every little Increase of Motion of any kind in Mind or Body,



the Blood is heated, and rushes with Violence towards the Lungs, where it often stands still, and inflames them by reason of its Haste and Force ; and a phlegmatic State is the Cause of an asthmatic Consumption, because the Grossness of the Blood occasions a Stagnation and an Inflation of the Glands with thick Phlegm.

Youth therefore is most liable to acute Consumptions, and advanced Age to asthmatic ones. The female Sex become subject to slow Consumptions from their sedentary Life, and the Young very frequently make themselves consumptive by lacing too strait ; for this by the too great Pressure straightens the Vessels of the Breast, and hurries on Spittings of Blood and Consumptions : And moreover, the natural Formation does often contribute to it ; wherefore straight Chests give rise to them.

I have recited the immediate and remote Causes, let us now give an Eye to the Symptoms ; and first, the slow Fever that attends Consumptions depends on saline and sharp Particles, that are continually stimulating the Heart to frequent Contractions, and as the Blood circulates in proportion to the Frequency of the Pulsations, and the Strength of them, therefore whenever the Cause of these Contractions is augmented, the Blood grows hotter, and a Fever Fit ensues, which terminates in a Sweat, and then the Fever is over, 'till next time that the Matter is re-sorbed in a sufficient Quantity.

The Difficulty of Respiration arises from Matter that stuffs up the Air Place, or from the Space the Blood takes up in the Fits, either of which take place continually.

The Cough depends on the Sharpness of the Matter stimulating the Membrane of the *Trachea Arteria*, and in such a Condition the Lungs never can want acrimonious Matter : The Ulcer begins the Work, and so much Acrimony is milked into the Lungs from

from their frequent Contractions, that the Cough is perpetual.

Consumptive People are often subject to fainting Fits, and there is no great wonder, since the Spirits must be supported to escape Faintings; and in the present Case all Nourishment is evaporated, and therefore Faintings must ensue, and likewise Wasting of the whole Body.

The Flux is one of the last Symptoms that attends Consumptions, arising from the great Acrimony of the Humour stimulating the Intestines, and from their Laxity, from the want of Vigour and Spirits.

The Choler in Consumptives is very sharp, and as it ouzes continually into them, it produces its natural Effects, that is, it stimulates and causes a Flux, the Humours thrown off are so expensive, that Life lies at Stake, and this generally closes up the Scene.

It is easy to know how to avoid a Consumption, by a right Use of the evident Causes; a dry and moderate warm Air, Victuals of easy Digestion, without any Saltiness or Grossness in it, and the other Causes abovementioned being justly managed, will secure us from Attack.

In consumptive and hectical Cases, where they have few Spirits, but have a sharp Blood, use Coffee boiled in Milk; the Milk and the Coffee will temper and correct the sharp Juices, and equally recruit the animal Spirits, too much weakened by the excessive Perspiration.

Milk, thus prepared, does not curdle in the Stomach, nor consequently occasion these Obstructions, which it otherwise is apt to do; nor does it make the Head-Ach, as Milk commonly does; but it smooths the Acrimony of the Humours, calms all Commotions, helps the Cough, nourishes and fattens the Diseased. Bitters mix well with Milk, and agree with it.

If Children, or Adults, are thin and consumptive, tender and sickly, they ought to have their Milk boiled with Tea Leaves in it, and gently sweetned, this will fatten them, and open Obstructions, and also help to destroy Worms. Let an Adult take a Quart or more of this in a Day, and about a Quart of the abovementioned Coffee, which I had forgot.

Chocolate should be given where the Blood is too thin, and therefore in some hectical Cases it is a good Nourishment; but all such as have a gross or obstructive Blood ought to forbear its Use. Thus may we remedy Diseases with Diet, and Remedies thus easy are to be wished for, since a Remedy that is nauseous is often, as it were, a new Disease to a Patient.

The curative Indications are first to evacuate, after which use gentle Aperients of the cooler kind, Relaxants, Incrassants, and such as clog the Hurry of the Blood's Motion; fasting from too spirituous a Diet; so that Bleeding, cooling Aperients, Balsamics, smooth Pectorals and Opiates, are all the Requisites in a Consumption, as Experience hath many times taught me.

#### *SWEATS excessive.*

The Glands of the Skin do afford a certain Secretion, which is called Perspiration, whatever flows from thence besides is reputed preternatural; and Sweats being a wasting Disorder, deserve our Consideration.

Sweat appears to the Eye to be nothing but Water, but, upon tasting it, we always find it saline and bitter, and it smells fetid, and in most things it agrees with the Urine in its Nature, as appears by the following Marks: For if a Person takes any Medicine to provoke Urine, and it does not succeed, these



these People sweat upon the least Occasion ; and on the contrary, if they take a Sweat that does not answer the End, they often make much Water, then the Taste of both is saltish, so that they seem to differ in nothing but in the Place of Secretion.

These Sweats are distinguished variously, for they are either copious, or saline, or bitter, or fetid, cold or hot ; or they are critical or symptomatical, according to the Advantage received, or the Damages done by them : Let us therefore look into the Causes of this Disorder, that we may the better know how to manage it.

The following evident Causes do promote it, namely, a warm moist Air, excessive Exercise, great Vexations of Mind, warm Liquors taken in a plentiful Manner, or cold Liquors after Heats, warm Cloathings, and warm Remedies. As for other Causes, Fevers are the most common ; but it often happens that Remedies, and an acrimomous Blood, are Causes of Sweats ; all which I shall briefly account for.

In general, Sweats often ensue, whenever the Blood is too lax as to cohere but slightly, so that the Serum, which is saline, flows readily through the Pores. The Warmth of the Air has this Effect, inasmuch as it surrounds our Bodies, is breathed into the Lungs, or is even swallowed down with our Spittle ; the Fire it contains rarefies our Blood, moves it briskly forward, and dividing its Parts causes a Separation through the Pores.

Motion gives rise to Sweats, for by it the Blood and Spirits are pressed forward through the Vessels, the Particles of the Juices are rarified, and then, as we may say, they run over their Banks. As to the Passions of the Mind, it is certain, that when our Mind is under any Agitation, the Spirits are detached plentifully into the Nerves and Muscles, as well as into the other Vessels, and we find an evident Acceleration

celeration of the Pulse, so that the Blood is divided, rarefied, and pushes out its thinner Parts to the Pores.

Liquors of a warm Nature, or taken very warm, do irritate or afford matter for Sweats: Water itself, especially warm, dissolves the Salts, and then they being dissolved, stimulate strongly at all the Emunctories, and more especially at the Pores, and Sweats ensue.

As for cold Liquor taken immediately upon Exercise, it has two Effects; either it congeals the Juices and thickens the Blood, or the Heat of the Stomach is so great as to warm it immediately, without receiving any Prejudice, and then it has the same Effect as if it were taken down warm, and causes Sweats in the same manner.

Warm Cloathing keeps the Pores open, especially Flannel worn next the Skin, and encreases the Flux of Humours thither; by opening the Orifices and relaxing them, they grow wider, and consequently more runs forth, so is bad for Consumptives: These are the evident Causes of Sweats.

We will now descend to the preternatural Causes of it, among the chief of which I shall mention Fevers of all kinds.

There seems to be various Salts in the Blood of feverish Persons, however the Salts are acrimonious, and stimulate the Heat more frequently, and the Consequence of this Stimulation being a more frequent Circulation, and a Division of the Parts of the Blood, or a Rarefaction of it, the thin Parts fly off at such Passages as are made for them, and consequently Sweats are familiar in Fevers.

Volatile oily Salts do also occasion Sweats, and are given in malignant Cases for this End, because these Diseases terminating in this manner by Nature, it is an Encouragement to give them in Imitation of Nature: By these Salts the Blood's Viscidity is attenuated, its Parts rendered less cohesive, and Secretions are regularly performed. The

The Reason of Sweats being sometimes particular, at other times universal, is to be sought for in the Blood's Constitution, for if it be well disposed every where, universal Sweats ensue; if only in some Places, the Blood be well disposed, and the Pores sufficiently lax, then particular Sweats ensue.

As for cold Liquors being drunk after Exercise, it is evident, if ever Men sweat after them, it is because the Fibres are put into stronger Vibrations, when they are not injured; for as cold Liquors contract the Fibres, if this Contraction be sufficient, it puts all the Fibres every where into contractile and oscillatory Tremblings, from which a swifter Circulation ensues, an Attenuation of the Fluids, and a more frequent Arrival at the Orifices of the Glands, and consequently a Secretion proportionable.

But where this happens once it happens six Times that Men suffer great Damages from drinking cold Water after strong Exercise, because the Fibres are greatly contracted, and the Juices circulating are embarrassed, and they inflame the Parts; hence come Quinsies, Pleurifies, and other dismal Disorders.

As to fetid Sweats, it appears by their Fetor, that they proceed from Salts highly exalted, and which dissolve the Blood into minute and thin Parts: Hence it is no Wonder that such Blood should escape and fly off.

In such Sweats they should remove into a cool Air; they should be at Rest and easy in their Mind; they should avoid Liquids of any Kind, and be thinly cloathed; they should wipe off their Sweats with Towels, and their Diet should be glutinous and cooling Herbs and Food.

### F A I N T I N G.

A Fainting is one of the greatest Diseases that affects Mankind, since that divine Structure, more nice and



and accurate than any of the finest Machinery, the whole Man found this Moment, is the next either dead, or in imminent Danger of Death: So surprizing a Disorder deserves our Notice.

'Tis called a Syncope, which is calling it a Cutting off; because we rush down at once. It is when all our Functions fail of a sudden, for in it the Pulse, the Breath, and all Sense and Motion fail in an Instant.

The Heart is the second Principle of Life, and that Part which is first moved, and dies last of all; so that the Heart is the immediate Cause of Swooning, whatever be the preceding Cause, which sometimes resides in the Stomach, or elsewhere; so that the first Subject affected is the Heart, and the Secondary the Bowels, or some other Part.

The Symptoms which precede the Fit are a Coldness, Faintness, difficult Breathing, Giddiness, and a Dimness of Sight. It is accompanied with a Privation of all Sense and Motion, and even the Breath and Pulse disappear; very often a cold Sweat breaks forth, a Paleness seizes the Face, the Lips grow white, and the Patients differ little from dead Persons, for it is a half Death.

As for those Symptoms that follow it, if they are not taken off, the Breath returns by Degrees, the Heart begins to vibrate again, and the Pulse also returns, then the Patients come to their Senses, and open their Eyes, and they perfectly recover all their Functions, saving that a Weakness remains.

What is most wonderful is, that Persons should ever return to themselves by the Force of Nature; that the Spirits should all seem to be evaporated and wasted, which the sudden Failure demonstrates, and that they should return and begin as it were a new Life. An Impediment to the Motion of the Spirits, takes away the Motion of the Heart; and that Impediment being removed, is the Cause of the Return of Life.

I told

I told you that a Coldness was one of the Signs that preceded a Swooning, which depends on a Cessation of Motion of the Juices; now any Viscidity of the Juices stops their Hurry, for as they lose their Fluidity they lose their Motion.

The slight Faintings and Failures of the Spirits, are so many Interruptions that befall the Motion of the Spirits, and the due Tension of the Nerves from their Evaporation, or their want of being produced, by reason of an Impurity of the Blood, because the Blood is thickened, its Motion is lessened, and there is too scanty a Production of them.

The Pulse is weak in proportion, and hence this Symptom: A Difficulty of Respiration is felt, because when the Blood is thick, it sticks in the Vessels of the Lungs, and makes them stiff and incapable of yielding to the Air's Pressure upon them. I shall now take Notice of the Signs that accompany a Swooning, namely,

The cold Sweats observed in the Foreheads and Breasts of fainting Persons, they are plain Arguments of the flagging of the Vessels every where, by which Subsidence the cold Juices are squeezed out to the very Extremities, that is to the miliary Glands, and stand there in the Form of large Drops; because being gradually accumulated, they stagnate there.

The Paleness of the Face and Lips arises from the Blood's not being transmitted to the extreme Parts; the Lymph is driven thither, but there is not a sufficient Thinness in the Blood to be sent thither; hence the Paleness. This is evident in old Men and cachectical Persons who are pale, from a Quantity of Phlegm that predominates in them.

Lastly, Let us take a View of those Symptoms which follow a swooning; namely, how the Heart and Pulse begin their Breathing again,

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When the animal Spirits, which had failed in the Nerves moving the Heart, are detached in a sufficient Quantity from the Brain, where the Motion is not totally destroyed, so as to influence the Muscles of it, then does it again begin to act, and then also does the Pulsation return; then do the Lungs begin to play again, then the Blood, which for a while stood still, moves forward, and all our Functions are restored.

Having determined the manner of the Production of Swooning, it would be necessary to descend to the Management of such Persons as are subject to it; in order to prevent its Returns, we are to observe the different Symptoms and Constitutions that precede it.

If then we find any one of a warm and dry Constitution, it is then necessary for such Persons to avoid all hot and warm diet, to insist on Water drinking, on cooling Herbs, such as Mercury, Lettice, Spinage, &c. and to shift into a cool Air, to use little Motion, to encourage Sleep, and to avoid all exasperating Passions of the Mind.

But if, on the contrary, you find the Patients of a cool Temperament, and without Thirst, and often hungry, we must insist on a warmer Air, on Victuals highly seasoned with Pepper, and other hot Spices or Aromatics, and on Wines of the strongest Kind.

They ought to move briskly about, to sleep little, and to be angry but not sin; because 'as the Blood is too cold, viscous and gross, it ought to be attenuated, to be divided, and to be warmed to that Pitch which is convenient for Nature.

#### *Palpitation of the Heart.*

A Palpitation is a convulsive Motion of the Heart, which is irritated by acrimonious and viscid Humours  
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in the Blood; sometimes this is done by a Flatulency in the Spirits that run to the Heart irregularly, and inflate the Nerves, and so occasion Convulsions.

This may happen from an hectic Constitution, a natural Straitness of the Thorax, or any violent Motion; sudden Rarefaction of the Blood, immoderate Passions, as Anger, Fear, Shame or Joy: From Fevers, wherein the Pulse intermits; Callosities, Concretions, Tumours or Polypus's in the Heart or Aorta; as also from Disorders of the Pericardium.

It may be known by laying the Hand upon the Part, the irregular Variations of the Pulse, and by the Disorder it causes in Respiration: If it proceeds from a Callosity or Tumor, a Polypus or Excrecence, it augments gradually, and usually proves mortal; but the sooner if the Patient be plethoric, or lives irregularly.

Let the Diet be regular and simple, consisting chiefly of Spoon-Meats, as Gruels, Barley-Water, Whey, &c. all which should be used lukewarm. Wines and inflammatory Liquors, all Passions, and too violent Exercise must here be avoided. In case of Hectics proceed as in Consumptions, omitting only what is apt to rarefy the Blood.

Bleeding is the grand Remedy, if once the Palpitation begins to affect the Pulse, and disorder the Body: When an Asthma attends it, order Blisters: When Passion is the Cause, if that Symptom continue bleed, blister, and give an Opiate. If it proceeds from hysterical Disorders, or a Fever, regard these Distempers respectively. When it happens from Polypus's in the Heart, 'tis incurable.

The following Medicine is proper in this Disorder after Bleeding. *R. Gum Arab. Unciam unam, solve in Decoct. Hord. Libram unam, adde Vin. Alb. Uncias tres, Syr. de Alb. Unciam unam, Spir. Nitri Dulci. Drach-*

*Drachmas duas, Tinct. Myrrh. Simp. Scrupulos quatuor, Bals. Peruv. gutte 24 M. sumat Coccl. iv. Mane & Vesperi, Phiala prius agitata.*

*How violent Passion endangers Suffocation.*

### THE CURE.

The Motion of the Blood, in Passions of the Mind, may be hindered or lessened by opposite and contrary Causes, to wit, both by too excessive a Motion through the Heart, and by a more copious Influx of animal Spirits into the Heart.

For it is probable, that the Blood in Joy is distributed so copiously into the Heart, and is there so powerfully moved and rarefied, that by its Plenty and Violence the Heart is overpowered, and by constituting a kind of Plenitude, that distends it too much, so that the Heart cannot be contracted without great Difficulty, and the Blood is received into the Arteries with an unequal Motion, and perhaps too sparingly.

And as the Influx of the animal Spirits into the Heart being too excessive, and continuing in this violent Course too long, keeps it straitned, and forces its muscular Substance to remain too long in the same State of Contraction, every one must know how hardly the same can be unfolded and dilated, to receive the approaching Blood, that it may be regularly circulated. Wherefore, to correct this vitiated Motion of the Blood, and to hasten forward its lazy Motion, Bleeding is convenient upon many Accounts, and produces the same Effect in this disorderly Affection of the Mind, as it does in a Plenitude; and the same Bleeding does so far correct the animal Spirits, that are brought too plentifully to the Heart, (as the Blood being now more rapidly moved, it also passes through the Heart more impetuously,

petuously, and obliges it by Force, as it were, to a Distension) that it reduces these Spirits by this Means to their natural and reciprocal Influx, or their ordinary Motion, and now the Mind partly composed distributes the same sufficiently into all the Parts of the Body.

And here it is to be observed, that this Bleeding in Passions of the Mind does not avail, unless in the Beginning of them, for after they are settled, it is in vain to do it, the Patients receive no Advantage by it: Neither ought this to be wondered at, for after some Time, for Example, in such Passions, as are Frights, and the like, the Blood by Delay is condens'd and congen'd, or acquires a Thickness, greater or less, in Proportion to the Passion, so that the Fault cannot be corrected or amended, but by inciding Remedies, and by such Medicines as dissolve the Blood.

Add to this also, that unless in extreme Passions of the Mind, for Example, in excessive Joy, Blood be immediately drawn, such are generally in Danger of being suffocated; yea some, as physical Histories do testify, sometimes are presently choaked, and die miserably.

*How Terror strikes Men dumb and palsical, and how Anger cures them.*

We frequently see Men struck dumb with Terror, and grievous Passions do often on a sudden hurry on a Palsy: What Reason can be given for these Phenomenons?

I can think of no other, than that the Blood is impeded in its Motion, and the Influence of the animal Spirits is taken off, so that neither Muscles or Nerves do their wonted Functions, but are totally deprived of the Necessaries for Motion; the Blood cannot move freely every where therefore, because  
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the Parts are contracted, or made rigid, so that an Interception of the Motion must necessarily ensue, till the Terror ceasing, and the Nerves becoming again flexible, the Machine works in its usual Manner.

Thus we see the depressing Passions, such as Terror and Grief, will bring on a Palsy; but on the contrary, the exalting Passions, as Joy and Anger, will help to cure the dumb and palsical: For *Bartholinus* tells us, that a Man who had been dumb for four Years, meeting with an old Woman whom he hated extremely, strained to that Degree that he gave her very abusive Language.

On these Occasions the animal Spirits finding themselves at once in greater Number, more agitated, more free, and stronger than ordinary, opened the Passages, wherein there had been Obstructions capable of hindering the Action of the Spirits and Nerves.

*Grief prejudices the Nerves, Blood and Spirits, and brings on Dropsies.*

Many do suffer from the Passions of Grief and Sorrow, for they naturally bring on a sedentary Life, and both together arrest the proper circular Motion, the Blood runs slowly, and has Leisure to unite and grow viscid; but there is somewhat more in Grief than a common Cause, for Grief dries and shortens the Nerves, and they being annexed to Arteries, and surrounding them, the Blood cannot go forward, and so stops.

This is the principal Reason why so many hysterical People are so subject to Dropsies in their Abdomen, for the Nerves of the Mesentery, and elsewhere, are so often contracted and convulsed, that they stop the Circulation for a Time; nay, and at last these same Nerves are under a perpetual Convulsion, and then it is impossible for the Blood to pass through

half the Vessels it ought, wherefore the Remainder will swell, and will often spue out its thinner Contents into the Cavity; and granting this, I think it is easy to account for the Rupture of Vessels too much distended, and consequently for Dropsies ensuing from thence.

*Appetite lost, Indigestion and Wind in the Stomach.*

When the Air is temperate and clear, it helps our Digestion, as well as gives an Appetite; and it does harm when it is cloudy, thick and foggy, and being mixed with the Blood, its finest Parts are convey'd off by Perspiration, whilst its grosser remain in the Blood, and render it thick; from which Corruption every Evil is to be apprehended.

It renders the Juices it first mixes with depraved; it lessens Hunger, and the Digestion of the Chyle; it is the original Cause of spontaneous Lassitudes, and often retards the Motion of the Spirits; whence may the Reason of our Drowsiness in dull Weather appear.

Victuals unmercifully devoured are also a main Cause of this Disease; for as Liquor too copiously taken down destroys the Wrinkles of the Stomach, and makes it slippery, and if they are also acrimonious, they excoriate it; so grosser Meats, and such as are hard of Digestion, do produce viscid and tenacious Humours; by these the Ferment of the Stomach is impoverished or enervated, so that cold, watery, gross, fat, smoak'd, and salted Meats, as also Fish, and some Fruit, are prejudicial to this Distemper.

Sleep, if it exceeds its natural Limits, causes a Viscidity in our Humours, and heaps up Phlegm; nay, Watching to Excess often dissipates all that is thin, and leaves our Humours gross. What I have said of Sleep and Watching, I say of Motion and Rest, because we may well compare an idle and un-

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active Life to Sleep, and excessive Motion to immoderate Watching, and therefore they vitiate the Blood much alike.

If Things that ought to be excreted are retained, and, on the contrary, those which ought to be retained are separated, the good will depart from the Mass of Blood, and the bad Humours will remain. As for the Passions of the Mind, they ought to be void of Hurry.

Wherefore chuse in this Disorder a warm and dry Air, to lead your Life in: Let your Victuals be easy of Digestion, such are Lamb and other young Animals, Pullets, Partridges, and the like, and Pears and Quinces baked with Cinnamon and Cloves, but eat little at a Time. Let your Liquor be Red Wine, and now and then an Orange may be ventured upon. Let your Sleep, Exercise, &c. be moderate; and lastly, study to keep yourselves serene and free from Passions.

In a great Indigestion or Lienteria, when every Thing taken is voided unchang'd, give over and above, Diuretics, because by such a thin Discharge, we shall enable the Stomach to recover its strong Tone; for if the Fibres and Solids are at any Time too much relaxed, a Drain of the watery Parts of the Blood being made, these Solids do again recover their Tone.

If you digest your Victuals badly, as will be known by belchings and swelling at Stomach, you ought to eat less and seldomer; you ought to exercise moderately, and sleep more.

For it is certain a quiet Sleep promotes the exhaling our Steams through the Pores of the Skin, and Flatulency is the most aerial or æthereal Matter in the Body: The Pressure of our Stomach is weak, if the Victuals be only half dissolved, and then it is we complain of Wind; the Chyle is thick and spirituous, that is, it has a good deal of Air  
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wrapt up in Slime, which for want of a thinner Consistence is retained, and swells us up, and makes us uneasy.

Sleep under a warm Cover affords the Heart a fair Opportunity of dispersing our Nourishment to every Part, and of returning with Ease to the Heart again; this being encouraged in the Time of Rest, those thin and subtile Parts, called Wind, exhale, and our Stomachs mend upon it: This Work is helped forward with drinking a Glass of Wine in a proper Quantity; this helps to fortify our Spirits, strengthen our Stomach, and throw off the airy Matter.

Phlegm often lodges on the Coats of the Stomach, nay, in the Interstices of the membranous Fibres, where it soaks in, and a gentle Vomit in this Case will be of great Service, for the Shock the Stomach suffers by a Vomit, cannot fail of squeezing all the Matter out of it, and then it is brought to a good Tone, proper for digesting our Victuals, by some good Bitters. But as Nature has provided, that what is received at the Mouth, should pass to the common Draught, stomachic Purges are safer and more effectual; because by them the Intestines, as well as the Stomach, are freed from their Filth.

The Stomach is rendered more vigorous by the Use of Mustard, because where it is relaxed by being soaked in a watery Blood, that circulates through its Coats and Vessels, this Diet gives its Fibres fresh Vigour, and makes it grasp its Contents better, and press out the alimantal Juice from the Fibres of the Meat, and makes it toss the Victuals forcibly about from Side to Side, 'till it parts with all the Juices they contain, which done, it is thrust downwards into the Guts to be further laboured into Chyle and Excrements.

When People depend upon Herbage for their Diet, that is of Lettice, Roots, Pease, and the like,

or upon unleaven'd Bread, then Coffee is an excellent Remedy against these slippery and windy Things, because it twinges the Stomach, and excites a Motion in the Victuals, and corrects the Sliminess of this Diet, and abates the Acidity of the Humours, and melts down all that tough Slime which hinders Digestion, and causes it to pass off from the Stomach.

Tea is noted for helping forward Digestion, as all other Bitters do; that is, where our Stomach is apt to make a Paste of our Victuals, and we swell after Meals, and where there are Crudities, which occasion several Disorders in the whole Body, depending on viscid Humours; then after Dinner it is proper to give some Dishes of Tea, and to continue its Use for some Time.

It is from the Weakness of the Stomach, and Slime besmearing it, that Wind arises, and both are helped by Bitters and Astringents; only if the Slime be in any Quantity, as will be known by a Load at the Stomach, a gentle Vomit ought to precede the Use of these Bitters, or two or three gentle Cathartics.

Whenever the Coats of the Stomach are relaxed, and its Walls weakened, and Digestion much impaired by constant tipping of Malt Liquors, or by the too frequent Use of oleaginous Diet or Drugs, it becomes us to string up the Stomach again to its proper Tone by some bitter and astringent Wine, wherefore Roman Wormwood infused in Red Wine, will soon repair this Damage.

#### *Flatulencies, and flatulent Blood.*

As I do not doubt but many Diseases have their Rise from Flatulencies inclosed in our Vessels, and mixed with the Blood, and some Pains, especially distending ones, depend often on them, (which may be known from others by two Symptoms, viz. 1. By their shifting Places. 2. By their coming or increasing when the Patient grows warm in Bed.) So

So also do I think, that when Bleeding is convenient and useful, to wit, when the Blood abounds so much with Flatulencies, as that it is in some Measure impeded and stopp'd in its Motion, or resembles a kind of Plenitude, and distends the Vessels beyond the Patient's Strength; or when the Flatulencies sticking somewhere, and dilating the Membranes, breed intolerable Pains.

These Flatus's happen in Blood circulated and agitated with too great Force against the Walls of the Vessels; and *Helvetius* has well observed, that Blood thus circumstanced is very unfit for circular Motion; and it is to be observed, that Bleeding may be of Advantage to the Patients, that Flatulencies ought to be either in the Blood, or at least in the Interstices between the Arteries and Veins; for if they infest any Part which they cannot repass to the Blood, Bleeding can be of no Service.

And what occurs to be said on this Point is, namely, as Flatulencies are either mixed with the whole Blood, or only inclosed, and stick in some one Part or other, some Vein is to be opened in any Part, without Distinction, inasmuch, as we may expect more or less Advantage, according to the Part affected.

Flatulencies being included in our Vessels, and abounding there, are the Causes of many Diseases, such as Palpitation of the Heart, Faintings, Convulsions, Epilepsies, Giddinesses, Megrims, and of other Diseases arising from thence, therefore some Parcel of them is to be emptied by breathing a Vein, in order to expel them from the Blood.

If your Victuals in your Stomach be too grossly prepared, and is too doughy, by consisting of phlegmatic Nourishment, Ginger or Pepper must be added to such Diet, in order to its being converted into a Mass thin enough, to enter into the small Mouths of the Lacteals, and the Blood there to circulate in a



proper Manner, without sticking to the Ends of the smallest Vessels, and becoming obstructive.

For this Reason Pepper is conveniently mixt with Pease-Soup, with Fish, with Oysters, with Eggs, with Milk, with any Diet of a gluey Nature, because it gets into the Substance of the viscid, and divides it into a thin Mass, and hinders them from turning thick.

But you must have a Care that you take it in a just Quantity only, for if you do exceed, as you may guess by Thirst ensuing, you may inflame your Stomach, and even corrode it; and when that happens, it is high Time to forbear its Use, or we hurry on a Number of ill Accidents, as Pains, Vomitings, Purgings, Fevers, Inflammations, Thirst, and the like.

But if it be judiciously used, it takes away cholic Pains, raises the tough Slime of our Stomach, that gives these Pains, and causes the Wind to escape readily; where there is perceived a Sourness in the Stomach, as may be known by four Belchings, there Pepper and Ginger may be used with Discretion to good Purpose.—*See Indigestion, and Wind in the Stomach.*

#### *Cardialgia, or Heart-burn.*

A Heart-burn depends on some acid or acrid Salts, that stimulate and prick the Orifice of the Stomach in a troublesome Manner; for as the Stomach is not always full, the Stimulation must either depend upon these Salts turned into Streams, ascending from the Bottom of the Stomach to the upper Orifice, or from these said Salts, which is most probable, twitching the Bottom of the Stomach, and propagating the violent Contractions begun at the lower Part, quite up to the upper Orifice, which is beset with a great Number of Nerves, which, once they are put into an irregular Motion, continue their convulsive

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**Contractions for a long Time:** This Pain is often joined with Contortions and Anxieties, according to the Degree of the Contractions of the Nerves.

Coffee boiled in Milk, and taken, is exceeding good against Pains in the Stomach, proceeding either from an Acidity or Acrimony, and to prevent their Returns; for it corrects the sharp Juices, and smoothes the Acrimony of the Humours, and calms all Comotions in the Stomach.

The Method of preventing the Coffee from turning into Grumes with Milk, is by taking a little Milk and gently boiling it, and then mixing a good deal of Coffee with it, mix them well together, and then it mixes with the rest of the Milk with Ease. All Absorbents and testaceous Medicines are proper in this Disease.

#### *Loathing and Vomiting.*

Loathing in Fevers is produced from acrimonious Humours secreted into the Stomach, which twinge its Membrane, and cause an Influx of Spirits into the abdominal Muscles and Stomach, and occasion a Convulsion or Vomiting, a Loathing, or an actual throwing up all contained.

It often happens, that People reach to vomit, but get nothing up at all, because there is little or nothing in the Stomach, only a Quantity of acrimonious caustic Juice, that continually frets the Stomach; so that Vomiting and Loathing differ not much from each other, only Vomiting proceeds from a stronger Cause; for Loathing always precedes Vomiting.

And Bile is very often a Cause of this Vomiting, as the Discharges of it make appear; for if the Bile be more volatile and oily than usual, it is liable to produce these Symptoms; it naturally contains a good deal of alkaline Salts, which keep its Oils fluid, and

if we pour any acid Spirit to it, there arises a Congelation, and also an Effervescence; when it therefore abounds, and the Blood is too volatile, we cannot much wonder how Vomiting ensue.

Bileous Constitutions are altered by Acids and Emetics, which have oily-acid Parts. Coffee ordinarily curbs any Inclination to vomit, which proceeds from Crudities turning sour, or an acid Acrimony in the Stomach, because it sweetens them by its volatile Salts, and sheaths them by its Oil. All Opiates are proper, as *Laud. Liquid. Ther. Venet. &c.*

A brown Bread Toast steep'd in Vinegar, and apply'd warm to the Stomach, renewing it as it waxeth cold, will often stop Vomiting. *Fuller's* anti-emetic Draught, his cretaceous Electuary, stomachic Electuary, stomachic Julep, corallite Mixture, and stomachic Mixture, are all good Remedies in this Disorder.

### H I C K U P S.

The Hickup is a convulsive Motion of the Oesophagus, Stomach, Diaphragm, or other Parts of the Thorax. It is caused by whatever is apt to irritate the Fibres of these Parts, as sometimes by eating, at others, by eating Things which are too dry, as Bread or Bisket; at others again, by the want of proper Nourishment, or the Attack of a malignant Fever, and so may either be original or symptomatical.

Original Hickups are common, but not dangerous; but the symptomatic, as those that happen in Dysenteries, &c. are bad; so also are those in Asthma's and Fits of Vomiting. The original return by Fits, but the symptomatical are almost continual. Those from Fulness are less dangerous than those from the contrary Cause.

A Fit of this is usually put away by drinking a Draught



**Draught of some small Liquor.** A Hickup from Emptiness is sometimes cured by eating and drinking; but if it be from Fulness, and continue long, give a gentle Emetic of *Carduus Tea*; but if this fail of Success, give four Drops of *Ol. Anisi* or *N. M.* thrice a Day in *Diascordium*, and more frequently *Spir. Lavend. Spir. Nitri Dulc. & Tinct. Castor.* in Sugar, drinking after it a little Mint Water.

The Hickup most commonly happens to old Men after long Evacuations, or by Vomiting. It is very often the Forerunner of Death; and two Drams of *Diascordium* has done the Business, when I could do no good with other Things that are counted Specifics, says our English Hippocrates, *Sydenham*.

Sneezing coming upon an Hickup puts an end to it. Opium is highly in use in Hickups, to which it is almost a present Relief, because it composes the irregular Hurry of the animal Spirits, and obtunds the too great Sensibility of the Parts; and divers have been cured by taking *Laud. Lond.* or *Laud. Liquid.* in Wormwood Water.

One who was divers Times grievously troubled with the Hickup, was cured by applying a brown Bread Toast warm to the Stomach, steeped in Venice Treacle and Brandy. When all other Means fail, crude Mercury will often put a Stop to the Hickup.

### CHOLERA MORBUS.

A Cholera is one of the most dangerous Enemies of Life that infest the Stomach: The Name of this Disease denotes its Cause; for as cholerick Humours are thrown upwards and downwards in this Disease, in a furious and grievous Manner, so as to endanger the Lives of many in a few Hours, it has therefore merited the Name of Cholera Morbus, because it is a Disease by which Choler or Bile is thrown off.

This

This Disease is divided by Authors into two Kinds, of which the one is called the dry Cholera, in which Wind is thrown upwards and downwards, and this generally attends hysterical Persons; and the other is called the moist Cholera, which is the most dangerous, and therefore I will only speak of this last.

The Symptoms which do peculiarly belong to this Disease are, a violent Purging and Vomiting, with great Force and Hurry, of bitter and sharp Choler, which is of various Colours, according to the Nature of the Bile that resides in the Stomach; for it is sometimes yellow, at other times green, and often black.

The immediate Cause of this dangerous Disease, is an Irritation produced from Humours, which causes convulsive Motions in the Parts affected; these Humours are reputed acrimonious in general, which being separated there from the Blood, do stimulate the Membranes of the Guts vehemently into violent Spasms and Contractions.

These being premised, I shall shew, how from these Humours brought to the small Guts, all the following Symptoms may be deduced; which does not seem so difficult, because there is a Circulation from above, below, as also through the Lacteals to the Heart, from thence to all the Parts of the Body.

Hence those vicious Humours flowing to the small Guts, do raise Conflicts with the Chyle, and do produce Sharpnesses and Flatufes, which, because they stimulate the Intestines violently, do oblige the same Contents, such as the Bile, which may either be bitter or acrid, and in both these States may be stimulating, by their stimulating Force, and the contractile Power encreased, to go upwards and downwards alternately, as the Irritation is greater or less.

Which if they infest the Stomach, or Pit of it, they give a Heart-burning; if they fix upon the Diaphragm, they produce a Hickup; or if upon the  
Parts

Parts of the Intestines, where the Mesentery is fixed to the Loins, they produce Pains there, and in the Back; they raise a Loathing, if they fix upon the Stomach, and destroy its Ferment, or cause a Thirst, from the Discharge, as well as from the bitter Taste they give to the Saliva.

There is a stidorous Crudity, by Reason of the specific Degree of Digestion in the Humour excreted; the great Pains and Gripes in the Belly are an Effect of the stimulating Salts, and the Distension of the Flatus, raised by the Conflict of the Salts; these same Humours do fix upon the Heart, and raise Anxieties and Uneasinesses.

For sometimes they irritate the Heart, and change the Pulse, according to their various Degrees of Irritation; that is, they sometimes cause a Quickness in the Pulse, as well as a Weakness, because they stimulate the Heart often; but as there are few Spirits left, it is weak, so that a Fever and a Languor are almost necessary Consequences of such a State of Affairs.

Lastly, When the Patients are in great Danger, they are troubled with Faintings and with cold Sweats; because from such extraordinary Discharges the Spirits are evaporated, their Generation is impeded, and consequently their Distribution into the Parts, so that Faintings must ensue, which are evident Tokens of the want of them.

The internal Causes being explained, as well as the Origin of the Symptoms, we must also clear up the external Causes; amongst which the Air occurs to me, as being one of the most immediately necessary for Life, and such as we cannot live a Moment of Time without, which, if it be very sultry, it creates Cholera, and consequently endangers this Disease's Generation.

Next our Nourishment that offends as well in Quality as Quantity, and especially those, which, by  
too



too excessive Acrimony breed acrimonious Humours, or, by their easy Corruption and Solution, do produce Effervescences or Tumults in the Intestines, such are Cucumbers, Melons, Pears, Peaches, and such like Fruit.

To which we may add the other Non-Naturals, because they often do breed acrimonious Humours, such are Watchings, Motion to Excess, our Secretions retained, by which the Blood becomes sharp and irritating; and lastly, the Passions of the Mind contribute their Share, for Anger is known to move the Blood too furiously on, and dissolves its Texture into an acrimonious and stimulating Body.

If this acute Disease has been produced by Cucumbers, Pears, &c. there is less Danger: For the Depravation of the Blood is much a greater Cause, than a Meal of bad Food, which can readily be taken off by suffering the Vomiting and Flux to go forward for a while; however, in either Case, where the Pulse grows weak, the Heart palpitates, Faintings ensue, and cold and clammy Sweats invade, Death is at hand.

I have laid before you the evident Causes of this Disease, you must then forbear all such as are known to be prejudicial, and substitute their Contraries; that is, you must avoid all Things that are apt to generate Choler and sharp Humours.

When this dangerous Disease happens, give large Draughts of the Decoction and Mallows made with Milk, or Milk and Water, or give Whey, or Chicken Broth; when you have diluted and washed well, which requires the Space of two Hours, then give composing Draughts with Opium to complete the Cure.—*See Vomiting.*

*Cholic, and Pain in the Stomach.*

The Cholic is a Distemper that affects all Ages  
I and

and Sexes; it is so frequent, that there is scarce any Person living who has not felt it. A Person seized with the Cholic is afflicted with a violent Pain in his Belly, which is sometimes extended to its whole Circumference; sometimes fixed to a Point, and bores like an Augur; at other Times it removes from Place to Place.

The most frequent Seat of the Cholic is the Guts, which may be occasioned therein by many different Causes; as by the Retention and Hardness of the Excrements; by Winds, which swell and distend the Guts, caused by Crudities and Indigestion; by sharp, sour, or corrosive Humours, the Humours of the Gout translated from other Parts upon them.

The Cholic is often occasioned in the Guts by Obstructions, Inflammations, and Tumours of the Glands, situated in the Guts; by the overflowing of the Gall, which irritates, corrodes and inflames the Guts; this last I take, next to Indigestions and Winds, to be the most frequent Cause of the Cholic. To this Cause may arise the Inflammation of the Guts, too frequent in Cholics.

By any sort of corrosive Poison taken inwardly; from the Compression of the Guts in a Rupture; by Worms, which gnaw, and sometimes eat Holes quite through the Guts; lastly, from tartareous Concretions, and Stones in the Guts, of which we read many Instances in Authors.

Though a Pain in the Stomach is by all Authors treated of under a separate Head from the Cholic, yet as a painful Sensation either in the bottom of the Stomach, or in its lower Orifice, are scarce distinguishable from a Pain in the Duodenum; and as most of the same Causes which occasion Pains in the Guts, may and do often occasion the like in the Stomach, and frequently in both at the same Time; so this Pain, from its Similitude to the other, is called the Cholic in the Stomach, and is cured by the same Remedies.

Therefore

Therefore I shall comprehend under the general Name of Cholic all violent Pains felt in the Stomach, which are not manifestly referable to other Distempers, except the Pain called Cardialgia or Heart-burn, which is felt mostly in the superior Orifice of the Stomach, is seated and referred rather to the Breast, than to the lower Belly.

Now a violent Pain, or the Cholic, may be occasioned in the Stomach, by Winds, Crudities or Indigestion, by sharp, sour, or corrosive Humours, either in the Aliments, or discharged from the Blood; by Inflammations, Impostumes, Ulcers or Cancers; by the Effusion of the Gall into its Cavity; by casual Accidents, as Wounds, extravasated Blood, and corrosive Poisons; the swallowing of Substances not digestible; lastly, by Worms gnawing the Stomach.

The chief Symptom of the Cholic is a violent Pain in the Lower-Belly, which may proceed from any one of the several Causes already mentioned, occasioning a sudden and violent Reflux or Undulation of the Spirits, from the Part affected up to the Brain.

When the Pain spreads itself all over the Belly, 'tis occasioned for the most part by Winds, which swell and stretch the whole Extent of the Guts caused by Crudities: It may also be occasioned by the Irritations of corrosive Humours discharged from the Blood; by the Humours of the Gout, Rheumatism or Scurvy, translated from other Parts upon the Guts, or by the overflowing of the Gall into them.

A fixt Pain of the Cholic will then happen, when any one of the several Causes abovementioned constantly affects one particular Bowel, or some one distinct Part of the Guts, whereby violent Undulations of the Spirits are continually made from that Part only up to the Brain.

A moving Pain of the Cholic, which changes its Situation from Place to Place, is occasioned by Winds,  
In-



Indigestion, or by bileous or morbid Humours contained within the Cavities of the Guts, which being stopt for a while by their Valves in one Part, then forced by their vermicular Motion into another, where the like Valves stop them again; their violent Action upon the Nerves causes the Pain to be felt in that Part to which they remove, and wherein they are stopt.

Now if the overflowing of the Gall into the Guts, and the Inflammations of them, are even in Wind Cholies, so generally the Causes or Symptoms of this Distemper, that it scarce ever happens without one or both of them; let any one consider how improper, for the generality, hot Medicines must be in the Cholic, and whether their Contraries are not frequently better indicated and rather to be prescribed.

Cream of Tartar, Rheubard, Sena, Manna, Epsom and Glaubers Salt may be taken freely in the Cholic, because they seldom disturb the Blood, but produce their Effects mostly in the Bowels themselves; so are convenient in Costiveness, in Bellies swelled with hot Winds, that betray themselves by stinking Belches, and if these Winds bring up a fatty stinking Matter, then wash the Stomach with warm Water, or take a little Ipecacuanha in Powder, which will carry them off.

The bileous Cholic, just mentioned, generally attacks in Summer; in which case the Patient vomits a green coloured, porracious, or a white and frothy Fluid, with great Heat and griping Pain, being also thirsty, feverish, and generally costive; the Pain increasing after eating and drinking.

In this Cholic bleed, especially if the Person be plethoric, or a Fever be threatned, then give a gentle Emetic, or large Draughts of warm Water, Whey, or a Decoction of Mallows, and afterwards a Paregoric, next let a purgative Glyster be injected; and at length may be used proper Anti-emetics,  
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with *Sal Absinth.* &c. *R. Aq. Cinnam. Ten. Aq. Menthae a. a. Uncias tres, Succ Limoni Sesquiunciam, Syr. de Meconio Unciam unam, Spir. Mentb. Drachmas duas, Sal Absinthii Drachmam unam, M. Sumat Cochlear. iii. post singulas Vomitiones, urgente vero Dolore adde Laud. Liquid gut. LX.*

If you go more sparingly to Stool than usual, then will you be troubled with Cholics, and to avoid this, you may take any of the Laxatives just now mentioned, or one Ounce or two of the *Tinctura Sacra*, which is a gentle Physick, an agreeable Bitter, and never gripes. Opium is good in the Cholic, joined with Physick, because it appeases Pain, and then carries off the Causes of the Disorder.

Coffee corrects the Sliminess of windy Diet, and abates the Acidity of the Humours; 'tis proper against Crudities and Indigestion, melts down glassy Phlegm in the Stomach, which often causes the Cholic, and dissolves gradually all such viscous Humours as obstruct the small Vessels of the Liver, the Spleen, and the Pancreas or Sweet-bread. *R. Mannæ Uncias duas, Cremor. Tartar. Sperm. Ceti ana Drachmas duas, M.* 'Tis a good Medicine in the Cholic. Give it in Chicken Broth or Whey.

### *Iliack Passion.*

In this Disease, two Symptoms indicate evidently Pain and Costiveness; if we should attempt to relieve the Astriction by Cathartics or Glysters, or by any other Means, we should never retain them; and moreover, the Increase of Pain by this Means would raise the very Symptoms we complain of, so that we are necessitated to relieve the Pain first, after which the other may be attempted with Ease; but if the Iliack Passion should be a small Advance of the Cholic only, then we may blend Purgatives with Opiates, by which the Matter that irritates may

may be carried off, and the Sense of the Part lulled at one and the same Time.

### *COSTIVENESS.*

Some People who are subject to be costive, yet live upon Meat roasted or boiled to Rags, which cannot fail of making them more so. What can be expected from hence but Cholics, hypochondriac Disorders, Vapours and Melancholy? And yet they live on after the same Manner, without having any to advise them to the contrary.

If they consult Reason for their Guide, where they are of a thin and dry Constitution, and naturally costive, they ought to oppose this Indisposition by a relaxing Diet, for Diet must be opposed to our sickly Constitutions, therefore a loosening Diet must be made use of by the costive, and a binding one to such as are apt upon all Occasions to be loose.

Costiveness will sometimes occasion a Pain in the Head, and an Inclination to vomit; and sometimes Indigestion, the Cholic, the Iliac Passion, and Worms in Children, are its Consequences. The Diet here should be aperitive, as Gruels with Currants, Butter and Sugar, fat Broths, &c.

If you go not so often to Stool as you ought, then will you be troubled with Cholics, Vapours, &c. and to avoid these, as also to assist Nature in her Duty, you may take a little Cream of Tartar, or six Drams of lenitive Electuary, twice or thrice a Week, or twelve Drams of Tincture of Hiera Picra, which is an easy and gentle Physick.

But use no strong Cathartics for fear of raising Disturbances. Opium is not to be used in Obstructions of the Belly, or in Costiveness. nor in Suppressions of Urine, because it blunts all Irritations whatever.



**DIARRHEA**

Fluxes, as well as those Loosenesses that attend Fevers, do argue an Acrimony of the Humours, that stimulates the Guts in such forcible Contractions, which as it is twofold, does not always depend on one sort of Acrimony.

It is most frequently occasioned by the Acrimony of the Bile, as appears by the Colour of what is thrown down; and as their Stools are commonly tinged with a high coloured Bile, we then guess at the Nature of the Acrimony to be alkalious; but on the contrary, if the Stools be black or green, we guess an Acidity to reign in the Humours.

If your Constitution is such as to be too loose in the Belly, you ought to avoid Variety of Meats and Drinks, and you should eat seldom, and drink Claret and Water instead of small Beer; for all Malt Liquors must be shunned in such a Condition.

Your Victuals should be as little varied as possible; eat but one sort, and that roasted hard. If you keep to a simple Diet, and to one Dish hard done, and drink Claret, or Claret or Water, you will find an agreeable Change, as a Recompence of your Self-Denial.

And those subject to a Slipperiness in the Guts, or that have got a Diarrhea, should eat or drink Victuals and Drink, that will stick to the Wall of their Bowels; that is, they should feed upon Rice-Meats without Butter, upon Calves, Sheep, and Cow Feet, and Jellies. Avoid Flummery, Butter, Cream and Veal; drink Claret, but avoid Sack.

Coffee is useful against Fluxes of the Belly, occasioned by Fruits and other slippery Diet; for by taking a few Dishes a Day, it corrects the Crudities which are the original Cause of these Fluxes. Opium stops all Secretions, for it appeases Irritations, and  
for

for this Reason does it stop Fluxes of the Belly, bloody Fluxes, and excessive Purgings.

A Diarrhea is a too frequent and liquid Ejection of the Contents of the Intestines, caused by the Acrimony of the Bile, or whatever may serve to irritate them, and is most frequent in moist and changeable Weather.

'Tis often succeeded by a Dysentery and Dropsy, especially if it be suddenly stopped, from whence usually proceed a Nausea, Sickness, Inflammation of the Intestines, a Fever, the Head-Ach, and a Return of the Diarrhea.

Let the Patient drink *Decoct. Alb.* and eat Barley-Broth, Rice-Milk or Gruel. If a Dysentery ensues, dissolve Gum Arabic in all that the Patient drinks; If a Diarrhea be habitual to a weak Constitution, give Jellies, Rice Gruel, Sago, and burnt Claret.

To cure a Diarrhea, give an Emetic of Ipecacuanha, or Carduus Tea, unless some great Weakness, or a Disposition to Hemorrhages forbid, and after the Operation a Purgative, especially if it be attended with a Fever then proceed to Astringents. *R. Aq. Cinnam. Ten. Aq. Mentb. a. a. Unciam unam, Diafcond. Spir. Lav. C. a. a. Drachmas quatuor, Terræ Japon. Drach. unam, M. Capiat Cochlear. iii. post singulas dejectiones liquidas, Phiala prius agitata.* This will do when a Fever attends.

In case this proves ineffectual, make use of *Laud. Liquid.* in the Quantity of twenty Drops, over Night, or as occasion requires, in a little *Decoctum album*, which Decoction ought to be the Patient's common Drink.

If the Distemper still continues, prescribe as follows, *R. Pulv. Rhei gr. 24. Confect. Fracastor. sine Melle q. s. M. f. Bolus, omni Nocte hora Somni sumendus.* This carries off Choler, or irritating Humours, and effectually cures a Diarrhea.

*R. Terræ Japon. Unciam i. Bol. Armon. Cretæ alb. a. a. Drach. ii. coque in Aq. Font. q. s. Colatura Libram i. Adde Aq. Cinn. Fort. Syr. de Mecon. a. a. Uncias ii. Confect. Fracastor. S. M. Drachmas iv. Misce. Cujus capiat Uncias iv. ter in die.*

A last thing to be prescribed in an obstinate Diarrhea, is a Course of Vomits of Ipecacuanha. When the Diarrhea is critical, it must not be stopped, unless exorbitant, and then proceed as above.

When it proceeds from an obstructed Perspiration, gentle Sweating and Volatiles may effect the Cure: When from a Thickness of the Juices, give the *Infus. Cort. Peruv. cum Chalyb.* When from an Hypercatharsis, proceed as above.

When there is a Fever, let Rheubarb be mixed with the Astringents; if the Case continues, and Strength will allow, bleed: When the Pulse is languid, and Spirits low, add *Caster. Croc. Coccinel. Sal. Succin.* &c. to the Astringents.

If it tends to a Dysentery, bleed, sweat, give Diuretics and balsamic Glysters. If a Dropsy comes on, give *Cort. Peruv.* and Chalybeats, together with proper Stomachics and Diuretics.

If it be checked too soon, so that Sickness, Plenitude at the Stomach, Inflammations of the Viscera, or a Dropsy succeed, let it be again encouraged by a gentle purging Potion.

In young Children, when this Distemper arises from the curdling of Milk in the *Prima Via*, the testaceous Powders are generally successful.—See *my Treatise of Children's Diseases.*

When the Excrements are greasy, frothy, and a Loss of Appetite attend, and the Case is degenerated into a Lientery; *Succ. Limon. Acet. Vin. alb. Spir. Vitriol.* &c. are to be added to the Diet and Medicines above prescribed.



**L I E N T E R Y.**

A Lienteria, is when the Aliment is discharged quite crude, and is no more than a want of Digestion joined with a Diarrhea, and therefore has the same Causes with those. Let the Regimen be the same with that observed in the Diarrhea and Indigestion.

Vomit with Ipecacuanha, if the Symptoms indicate, then purge with Rheubarb: If the Case be strumous, or the Juices very viscid, recourse must be had to Mercurials. 'Tis deem'd incurable, when from a strumous Disorder in the Lacteals.

*R. Pulv. Rhabarb. gr. XXV. Tar. Vitriol. gr. X. Sal. Succin. gr. VI. Ol. N. M. gut. i. Syr. de Spin. Cervin. q. s. f. Bolus. Detur Mane cum Regimine. Repetatur quarta quaque die ad quatuor Vices.*

If Nutriment be wanting to the Body, or to attenuate the Viscidity of the Chyle in the Lacteals, and deterge them, *R. Pulv. Rhei Rad. Contrayerv. a. a. gr. X. Tart. Vitriol. Sal. Succin. a. a. gr. vi. Syr. Aurantior q. s. f. Bolus, Mane & Vesperis sumendus cum Cochl. iv. Infus. Amar.*

The original Cause of this Distemper is an Obstruction of the Lacteals, for the Chyle not being fitter to enter the Mouths of these Vessels, it stagnates in the Intestines, and contracting a Putredo, there irritates the Intestines, and brings on frequent Evacuations of this indigested Chyle: Now the Obstruction being prior to the Irritation, and its Consequent the Evacuation, ought to be obviated by Aperients.

**D Y S E N T E R Y.**

In bloody Fluxes, and other Fluxes of the Belly, Hasty Puddings made up of fine Flower of Wheat

are useful, because as a Glue, it retards the Descent of our Victuals; it plaisters up the Mouths of the Glands, and hinders us from having so frequent Occasions; besides, it tempers the sharp and fretting Juices of the Guts, and so strikes at the Root of the Disorder.

It is also from the same Manner of acting, that its Flower is made use of inwardly to cure all Fluxes of Blood from any Part, for let it arise from what Cause soever, there is a Necessity to close the gaping of the Orifice, and it may be supposed to act upon an open Vessel, as Glue.

Rice is more viscous than Wheat, and is therefore more binding than it; 'tis used for Diet in Purgings, and, I think, if the white Decoction were made with it, it would answer the Physician's Ends much better in stopping of Fluxes, because, as the burnt Hartshorn is absorbing, this being asswaging, the Humours would be both sucked up, and sheathed, at one and the same Time.

If you make Coffee with Milk, it will remedy bloody Fluxes, which the Milk alone cannot effect, because the Coffee hinders a curdling of the Milk. Tea boiled in Milk is convenient in bloody Fluxes, and others, because where there is occasion to temper and sweeten Humours, to fortify and close up the Orifices, and to carry off the serous Parts elsewhere, this will be useful.

A Dysentery is a Diarrhea Cruenta, attended with Gripping or great Pain in the Intestines. This may proceed from an Increase of the same Causes which bring on a Diarrhea.

Bile, Phlegm, Pus, and sometimes Caruncles and Skins, are here voided in the Stools, proceeding from an Excoriation or Exulceration of the Intestines.

When it is of long Continuance, and attended with a Nausea, loss of Flesh and Strength, the voiding

ing of Caruncles, and joined with a Fever, 'tis dangerous.

If unseasonably stopped, it often occasions the Apoplexy, Pleurisy, a Spitting of Blood, or a Dropsy; the Danger encreases as it grows more immoderate, and the Excrements more corrupt or bloody.

Let the Regimen be the same here as in a Diarrhea; or rather let all the Liquors be rendered more balsamic, as by adding to the *Decoctum album*, &c. Gum Arabic, &c.

Bleed, especially if the Dysentery proceed from a Plethora, or the Stoppage of any Evacuation, next give an Emetic of Ipecacuanha, and after that a lenient Purge of Rheubarb.

The Symptoms in a Dysentery are usually the same with those in a Diarrhea, and the Medicines there prescribed will serve here also, the balsamics being only increased.

If the Case be inveterate, or if what is voided prove viscous or mucous, Glysters are of good Service. Warm Whey for this Purpose, frequently injected, is useful, or *R. Aq. Hord. Uncias sex, Theriac. Androm. Confect. Fracast. S. M. a. a. Drachmas duas, Vitellum unius Ovi, Balsam. Capiv. Drach. vi. M. f. Enema, bis terve in die injiciendum.*

During the Course of the Glysters, *R. Pulv. Rhubarb. Gum Arabic. Sperm. Ceti a. a. Scrup. i. Ol. N. M. gut. i. cum Syr. de Mecon. q. s. f. Bolus, omni Nocte et Mane sumendus, superbib. Haust. Decoct. alb. Or, R. Conserv. Rosar. Rub. Unciam i. Mithrid. Drach. vi. Gum. Arabic. Sperm. Ceti a. a. Drach. iii. Cinnam. Rad. Tormentil. a. a. Drach. ii. Syr. de Mecon. q. s. f. Elestuar. Sumat. quant. Nuc. Castan. ter in die, superbibendo Decoct. alb. vel Malv. Cosh. vi.*

Opiates should here be used discretionally, the best in this Case are *Pil. Math. et de Styrac*; these are also the last Refuge in case of Extremity.



If a Dyfentery proceed from an Hypercatharsis, or too much Mercury, give Opiates by the Mouth, and inject Glysters at the same time of Whey, Mutton or Veal Broth, or use the Glyster above-mentioned.

If the Cause were a Stoppage of Perspiration, or the Menfes, encourage those Evacuations immediately : But if the Distemper was brought on by high Living, or too free an Use of spirituous Liquors, bleed, give an Emetic, lenient Purgatives, and inject Whey Glysters.

### W O R M S.

There are Worms ingendered in the Bodies of all Animals, but more especially in Men's. They are to be found in the Stomach, Entrails, Veins, Eyelids, Ears, near the Root of the Nose, in the frontal Sinus, in the Brain, and even in the Heart it self.

Probably the Respiration, Nourishment, Chyle and Blood, carry into divers Parts of the Body Eggs of Insects, which finding a certain Degree of Heat are hatched, and grow more or less according to the natural Disposition of every Species of Eggs, and the Quality of nutritive Juices, which by reason of their Arrangement and constant Heat, may produce extraordinary Evolutions and Accretions, such as would not happen without the Body.

There are observed in us three Kinds of Worms, the round and long, the small, and the broad : The round long Worms are commonly found in the small Guts, and they are generally of a white Colour, as is the Chyle on which they feed. The small ones are like unto the Mites in Cheese, and Meat, these generally lodge in the larger Guts, and more especially in the last, near the Fundament, and are often found there in great Clusters.

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The broad ones lodge in the middle Parts of the Guts; they are not so much found in us as the others, and are seldom found in Children; they have large Mouths, are apt to eat through the Bowels, and are dangerous. There is another sort also, which is of great Length, but they appear to be only a Chain of Worms tacked together, as Dr. *Le Clerc* and Dr. *Tyson* have informed us.

All sorts of Fruits and Milk-Meats given to Children should be boiled, for Worms are so tender, that the least Excess of Heat destroys them, and boiling Milk kills all Worms in it; the same holds good in Sugars, which should be boiled in the Victuals.

The Juice of Oranges and Lemons, four Wines, Wormwood Wine, and all Bitters are good against Worms. Give them now and then a little Rheubarb, because this will carry off all the little Eggs that may have been lodged within them, from the Food they have lived upon.

We must endeavour to make the Blood circulate freely, because the Blood never moves briskly, but it breaks the Worms asunder, and causes Heat in the Body which also kills them.

Coffee is good to hinder Worms from breeding, because it takes off their Nest of Indigestion, and because it is too bitter for these Animals to bear, for they take nothing but what is sweet and smooth.

If Children are thin and hectic, sickly, and troubled with Worms, boil their Milk with Tea Leaves in it, and sweeten it gently; this will fatten them, and open Obstructions, and help to destroy the Worms.

Dr. *Baglivi* speaks of an epidemical Disease cured by Virtue of Wine given to the Sick; the Worms died whenever they were plunged into Wine.

What serves to maintain the Structure of the Organs on some Animals, destroys it in others. *Calomel*, *Æthiops Mineralis*, *Elixir Proprietatis*, *Pilule Ruffi*

*Ol. Amygd. D. & Oliv.* are all proper Medicines to kill Worms.

## **J A U N D I C E.**

The Jaundice is an Obstruction of the Bile in the Gall Bladder, or its Duct that runs back and is diffused. The Flux of the Gall to the Guts is variously hindered, to wit, by the six Non-Naturals.

If the Air be too hot it makes our Blood too inflammatory and obstructive, by calling off too much of the perspirable Matter through the Pores.

When fat, sweet, and spicy Victuals, when Garlick, Onions, and the like, are made too common, or when generous Wines are too much insisted upon, a Jaundice does often ensue.

Exercise after a plentiful Meal is apt to introduce Jaundices, because the Victuals are hurried into the Blood before an entire Digestion, and any gross Blood is apt to stick in the small Vessels of the Liver, and cause Obstructions there.

All natural Discharges suppress'd, hazard a Jaundice; for a Fulness of Blood occasions a greater Motion of the Fluids, and also a gentle Feverishness, and all Fevers exhale the thinner Parts, and leave the grosser behind, which are apt to produce Obstructions.

Those Passions that raise an excessive Swiftnes in the Fluids, do in like manner carry off the thin Parts, and cause Obstructions; wherefore Anger may bring on a Jaundice.

Let therefore Persons subject to a Jaundice, avoid a hot or scorching Air; let their Diet be moistening and cooling, but yet such as gives us no Room to apprehend Obstructions; wherefore boil Endive, Fennel, and Parsley in the Patient's Broth, for they are gently opening.

They must use moderate Exercise, at a good Distance



Distance from their Meals: Sleep, moderately indulg'd, is convenient, for too long Sleeps render our Juices sluggish: The Belly must be kept open; and they should avoid Cares and Troubles, which have often caused Jaundices.

For the Jaundice, which is an Obstruction of the Bile that runs back and is diffused, the Roots of Celandine, Madder, Turmeric, Rheubarb, the Herb Centaury, Celandine, Salt or Steel, Tartar of Vitriol, Spirit of Sal Armoniac, Tincture of Mars, Tincture of Salt of Tartar, and Elixir Proprietatis, are all excellent Remedies.

In all Obstructions of the Liver there is a Yellowness on the Skin and Water; but in the warm Obstructions of it, besides the Yellowness, there is an excessive Heat in the Palms of the Hands, and Soles of the Feet, besides a craving Thirst; and in this Constitution Endive is a proper salading.

If the Stomach be overheated by an Excess of spirituous Liquor, or a hot Blood, it raises Thirst of Course, and Endive is good in this Case. For the Jaundice and Obstruction of the Menfes, *R. Dec. Rub. Tinct. Uncias viginti, Syr. Bacc. Sambuc. Uncias quatuor, Tinct. Stalis Tartari unciam unam, Sal. Mart. Scrupulos quatuor, M. Dos. Coch. sex bis in die*

*A Jaundice, and various Fluxes.*

I remember a Case mentioned by Sir David Hamilton, of a Woman who laboured under a Vomiting, a Diarrhea, and a continual Flux of the Menfes, along with a Jaundice; he justly remarks, that the Astringents useful for the Fluxes, were prejudicial to the Jaundice, and therefore co-prescribed Aperients and Astringents (to wit, an aperient Apozem and Powder, and Spaw Water, which astringes) with Success.

*A Jaundice, a humid Cough, and a rheumatic Fever.*

If a Person labour under an Icterus, a Cough with tough Phlegm, and a rheumatic Fever, the Rarefaction and Commotion in the Humours, as also the Pains, require Bleedings, Diluters and Opiates; but the Jaundice and Cough require inciding Pectorals and Aperients; and the Spirits require to be recruited by Cordials, which are contrary Indications; and great Caution is to be used here, lest the cooling and opiate Medicines should fix the Cough, and encrease the Obstruction in the Vesicula Fellis, or its Ductus; and lest the Aperients should irritate the Pains, and augment the Fever, neither of which will happen, and the Patient will recover, if we be artful in our Procedure, and make use of proper Remedies at proper Seasons.

*The manner of Proceeding in complicated Cases.*

Wherever there is a Complication of Distempers, we are obliged to co-order the Contraries, in such a Proportion as that the greater must be most regarded, for the Quantity of Remedy must always correspond to the Magnitude of the Causes: But if one among them be far superior in Urgency, then the lesser must be neglected for a while, till it is nearly equal with what was the most urgent. Thus, if Causes are to each other as three to three, then must we attack with full Doses for each; if as three to two, then we must proceed with a full Dose for the former, and only two-thirds of a Dose for the latter; but if they are as three to one, then the exceeding Cause (three) must only be regarded, and the latter neglected totally, till the greater becomes to the lesser, as one to one, then may the lesser (one) also be attacked equally with the greater.

*DROPSY.*

## D R O P S Y.

The Causes that introduce Dropsies are, first, the Air, which if cold, cloudy and hazy, that is, mixed with gross Particles, is an Enemy to a Dropsy, inasmuch as it thickens the Lymph of the Blood, and renders it unfit for Motion; in like Manner they who catch cold often in their Bellies and Feet are subject to Dropsies.

The Reason is, that all such Air, and catching Cold in the Feet, checks Perspiration, encreases the watery Part of the Blood, or congeals the Juices, and hinders the Rarefaction, retards therefore the Work of Concoction; and if the Blood be made sharp by such Air, it will both be gross and corrosive, and then when obstructed, it corrodes the Vessels, and makes them spue out their Contents into some Cavity, and so is produced a true Dropsy, either of the Head, Breast or Belly.

As for the Meat and Drink, if they be gross and viscous, so that they cannot be divided in the Stomach, they will necessarily breed a viscous Chyle; small Liquors taken cold, whilst you are hot, is apt to hurry on a Dropsy, inasmuch as it thickens the Blood and Lymph, and stops the Circulation suddenly; but even so hot as Brandy Spirits are, is a Breeder of Dropsies, because it weakens the Stomach, and spoils the Digestion.

So that in all Appearance we are forty times more in Danger of a Dropsy from our Diet than the Air, for it is evident, that the Victuals and Liquors which are watery, viscous and cold, and which have few Spirits in them, and such poor People live upon, do produce a gross and thick Blood, that is apt to stick in the Vessels, and to cause an Extravasation of its thinner Parts; so that eating gross Meats and Abstinence from necessary Fluids, are the Fountains of a Dropsy.

Sleep,



Sleep, if it be immoderate, is a causer of Dropsies, because by it the Humours being more at rest, stand still, but more especially if they sleep in the cold and open Air, because from such a Cause the whole Habit of the Body is in Danger of being obstructed, and the Blood is rendered gross and thick; and yet if People watch too much, their Blood grows also thick by too much Perspiration; so that Excess is always dangerous.

Experience shews us, that Dropsies happen frequently from Suppressions of proper and usual Discharges, which arise from one and the same Cause, namely, from Obstructions; and these Hemorrhages lessened or stopped produce a Rupture of the Lymphatics, inasmuch as the Mass of Blood daily increases by them.

Hemorrhages being suppressed (especially the menstrual Flux) do not only promote Breaches of the Lymphatics, but an Excess of Bleeding has often the same Effect, because it exhausts the Blood and Spirits, and for want of a due Circulation the Humours grow gross or watery.

Moreover, Purgations, if too long continued, will produce the same Disease; many also do suffer, from the Passions of Grief and Sorrow, for they naturally bring on a sedentary Life, and both together arrest the proper circular Motion, the Blood runs slowly, and has Leisure to unite and grow viscid.

Let those who are in Danger of a Dropsy, chuse a serene and warm Air to pass their Lives in; let them avoid all hard, stringy, gross, viscous Diet, and Meats that are harden'd and shrivell'd with Salt; and let them live upon Meats that afford a thin, and yet nourishing Juice.

Let their Victuals be dressed with Spices and Aromatics, with Roots, Herbs, and Seeds of the warmer and attenuating Kind, in a moderate Manner; let their Victuals be of young and tender Meats,

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of Fowls; their Beer should be hopp'd, or should have Steel infused in it, or be impregnated with bitter warm Drugs, as Gentian, Centaury, Wormwood, and Mustard-Seed.

Let them go soon to Bed, and rise early; let them exercise moderately; their Discharges of Stool, Sweat and Urine should rather exceed; and let them be chearful and easy, if they have a Mind to avoid a Dropsy.

They who are actually seiz'd with a Dropsy, should avoid Drinkables of any kind, as much as possible, and what they do drink, it should be taken warm; and in order to deceive their Thirst, they should hold a little Sal Prunella in their Mouths continually. All strong Cathartics, Diuretics, warm Scorbutics, and Chalybeats, are proper in this Disorder.

### *MENSES obstructed.*

A Suppression of the menstrual Flux has many Causes to produce it; nothing is more common than for the poorer sort of Women to have these Suppressions from walking barefooted upon the cold Pavements; for cold contracts, that is, ties up the Mouths of the uterine Vessels, and stops this Flux.

Fasting, or a spare Diet, prevents a due Quantity of Humours to be heap'd up in the Vessels, as we see happens in a chylous Flux from the Belly, where the thinner Part of the Chyle is carried downwards, and none, or very little, is carried through the Lacteals to the Heart, so that the usual Quantity is deficient, nor are the Vessels filled enough for producing such a Flux.

It also often happens, that a profuse Flux of Blood has preceded, and the Blood is more slowly bred, and from this Cause a Stoppage of this Flux happens, and they continue stopp'd for some Months; and if a

Flux of Water draws off the necessary Quantity of the Serum from the Blood, as happens in Dropsies of the Belly, they will also be suppressed.

Chalk, Lime, Coals, and such Things eat in a plentiful Manner, as is the Custom in depraved Appetites, give a Handle for this Suppression; and if you are inclined to know the State of the Blood after such Diet, do but draw Blood, and you will find it almost void of Serum, and gross and thick. Lastly, sudden Frights, Melancholy, and such Passions as give us dreadful Apprehensions, do greatly conduce to produce this Evil.

Now as a proper Regimen is absolutely requisite for preventing, as well as curing Diseases, I shall here subjoin what is worth Observation; they ought therefore, who would secure to themselves a regular Continuance of this useful Flux, to take care that the Air they live in be warm, either by Nature, or by Art, for Cold, you see, causes the Disease.

They ought to feed upon Meats easy of Digestion, and if the Blood be too gross, they should eat Victuals well seasoned with Spices; refrain from Victuals of the Feet of Animals, or of the internal Bowels; as also from Jellies, because these are too viscous. Let their Liquor be well boiled, and well fermented, and avoid all thick Liquor, such as Mum.

Moderate Exercise is very proper for them, because Motion makes the Blood circulate, and Rest causes it to stand still; if it be immoderate it thickens the Blood, because it exhausts the Serum by the Pores. It is better to exceed in Watching, which keeps our Humours moving, than in Sleep, which helps our Blood to stagnate and grow thick: See carefully that Nature answer all her Debts; once a Day expect a Stool.

Every



Every Month be careful of the Quantity of your monthly Flux; if it be too sparing, drink in the time some Dish of Pennyroyal Tea, Morning, Noon and Evening; or of Tea made up of any agreeable Aromatic or Fetid, such as Marygold, Marjoram, Rue, Saffron, or the like. They ought always, at that Season, to avoid any Trouble or Concern, which are too well known to curb that Flux.

It is much more difficult to cure a Stoppage of Women's Months, from a gross and over-heated Blood, than from a gross and cold State of Humours, because the latter melts down with volatile Medicines (such as Mustard-Seed) and Steel; but the first are made worse by such Remedies: We know the latter Case by the Coolness and Paleness of their Bodies; but the first have a great Heat in their Palms and Soles, and are mostly feverish.

If therefore you have a Coldness or Chilliness all over you, along with such a Stoppage, Mustard is a good Remedy for you; but as soon as it has done you Service, stop there, and be contented to be well, because if you insist too long upon its Use, you will dry the Blood too much, for as it passes readily by Urine, it draws off all the thinner Parts, and leaves the grosser behind in the Vessels.

Coffee is good for Girls troubled with Obstructions and phlegmatic Habits; for by its volatile Salts it corrects all cold Viscidities in the Blood, drains it of its superfluous Moisture, gives gross Humours Motion, and attenuates them so as to be able to pass through the Outlets of the Kidneys and Pores: So we ought to conclude from thence, that it ought also to be very good to procure the monthly Flux, as I have said.—*See Lochia suppressed.*

*A Suppression of the Menses, producing a cystical Tumour on the Stomach, a vomiting of Blood, and a Palsy.*

A Woman having for a long Time laboured under a Suppression of the Menses, at last had a Cystis bred on the Stomach, which containing Blood, broke, and produced a vomiting and purging of Blood, which brought her to the very Jaws of Death; when we had curb'd this Flux, and restored her to a Degree of Strength, so that she was inclined to rise, she was surpriz'd to find a Hemiplegia on the right Side: Now to offer at any Remedies proper for the Palsy, was to endanger a fresh Flux of Blood, therefore they were forbore for some Time, till we had Reason to believe the Orifice was well closed, and then Antiparalytics were given in small Quantities at a Time, by which Means she recovered a tolerable Degree of Strength, and walk'd stoutly, but with a little Halt.

#### *MENSES immoderate.*

Where the menstrual Flux becomes immoderate, and wastes the Strength of Women, we ought to examine into its Causes, some of which are evident, others more remote. The evident ones are, first, the Air that abounds with very hot and acrimonious Parts, capable of rarefying the Blood, and introducing attenuating Parts into it.

Our Victuals and Drinkables do most eminently share in producing this Distemper: For in acrimonious Diet, and vinous Liquors, there is a great deal of Acrimony heaped up in our Vessels, by a plentiful Use of them; since we are nourished by what we take, the Blood must partake of the Quality of Diet. Violent Exercises, and all Motion are known, by every Day's Experience, to strain, and even break the Vessels, and to produce large Effusions of Blood.

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The Passions of Anger, particularly, do greatly move the Blood forward, and do rarefy it to a great Pitch; so that the tender Vessels are overcome by Distension and break: Excessive feeding itself, though there were no Acrimony added, stretches the Vessels, and cracks them.

The immediate Cause then of bleeding at the Womb-Vessels, is an Aperture made there by some of the foregoing Causes; and whether this be done by Distension or Breach, is best known by the preceding Causes, and Difficulty of Cure.

If a Fulness occasions this Malady, it is easily known from the Fulness of the Vessels of the Hand, and elsewhere: If it be occasioned by an Acrimony, the Pulse is quick, great and strong, there is a Heat in the Body more than usual, and a Thirst if there be any Pain in the Passage upon their Secretion.

It is a Disease of a dangerous Consequence, and if it attacks old Women, Physick has not any Remedy equal to it, because in them the Vessels become so rigid, that Drugs have little or no Effect upon them, having shrunk, they do not readily unite: But in young Persons astringent and glutinous Remedies have a full Power to purse up their Mouths.

The Diet to be observed by such Persons ought to be gelatinous and restraining: Hence Clarets, Jellies, Calves and Sheeps Feet, Barley-Gruel, Wheat, Rice, Milk-Meats, Almonds, Succory, Lettice, and the like, are good and convenient Victuals: And every thing that has a Tendency to move the Blood, to dissolve it, and thin it, must be forborn, as Garlick, Onions, Ginger, Pepper, Mustard, Brandies, and the like, which are very prejudicial: And as too much Nourishment fills the Vessels, they ought at the same Time to feed sparingly.

The Posture contributes extremely to this Flux; for when Women sit up, the whole Weight of the



Blood presses upon the Extremities of the Arteries, and this one Error frustrates all your Endeavours in the Cure ; and yet lying in Bed is not always safe, because they are apt to grow hot, and sweat too, neither of which are convenient, because we are to keep the Blood's Motion as sedate as possible.

Wherefore an horizontal Posture upon a Couch, without any weighty Cover upon one Side, is the best of all ; because the Inconveniences mentioned are all guarded against. The *Elect. Hemopt. Julap. Hemopt.* in *Fuller*, and *Lac Aluminis* in *Bates* are proper Remedies in this Disease. All Agglutinants, Astringents and Opiates are useful. — See *bleeding at Nose, and spitting of Blood.*

#### *A Palsy and Flux of the Menfes.*

A Palsy, and an immoderate Flux of the Menfes, may be remedied at one and the same Time, by administering the Decoction of *Cort. Exterior. Aurant.* or *Sevil*, which acts as an Aperient, by its aromatic Parts, and as a Styptic by its Acerbity: Now it becomes necessary to curb the Menfes, because they weaken extreamly ; as also to open the Passages of the Nerves, because this by Propagation, might endanger the Brain, and bring on more fatal Disorders: However the Menfes being the more immediate Evil which is to be remedied, a greater Regard must be had to it, but not so much as to neglect the Palsy, and if the Flux be very violent, the Balance is changed in Proportion.

#### *Fluor Albus, and Barrenness.*

Women are liable to many Disorders from a Softness and Flabbiness in the Fibres ; their Womb is a Sink that receives all Impressions from Phlegm ; their Whites are a convincing Proof of their Softness, which  
are

are much hurried on by Births, and any Fatigue. They ought to contest with this Accident, and oppose it the Moment they are attacked with it, it wastes them, it contributes to Barrenness, and makes their Lives irksome.

You need only see a Woman's Face to know if they are troubled with the Whites; for their Eyes have a leaden Circle about them; their Cheeks are Pale and Earth coloured; they are every now and then clapping their Hands to their Back, which is a secret Confession they feel somewhat troublesome there, and such Women seldom fail of having Pain in their Backs.

If they do not favour themselves with Ease and Quiet; if they don't refrain from watery Liquors; if they don't eat dry Meats, and drink dry Wines, as Claret, and Mountain Wines, they must expect to be sickly all their Lives. Youth is the Season for helping this loose Habit; if it gets Root by Neglect, and Years creep on, it becomes past Relief.

Give somewhat cordial and corroborating at convenient Seasons, to give Nature some Assistance: Steel Waters of the strongest kind mixed with their Wines, are of Use in this Case, because these Waters are corroborating, and strengthen the Glands of the Womb, and their Fibres every where, so that less will flow from them.

All nervous or membranous Parts are apt to grow loose and flabby, more especially the Womb; and a discreet and repeated Use of Cloves would defend many young Women from the Whites, which is a Misfortune many Women of all Ages are subject to, and which they might either prevent or cure by insisting on this Drug. This Disorder is attended often with another, namely.

Barrenness, as a necessary Companion: We are not so well acquainted with what Conception is, or rather how we are begotten, as we are with the Impediments

pediments to Generation; and this is too well known, to wit, that Women subject to the Whites are often barren, because to receive, retain and convey the Matter of Generation to its proper and determined Station, is the Office of Vessels fitted for that Work.

And we find that great Work of peopling the World, falls seldom to the Lot of moist and phlegmatic Wombs: If this be the Case, it is no great Hardship upon these young Ladies, to take the following Powder now and then, in a Glass of red Wine; and the best time to take it, is when they have the Whites upon them, or after their monthly Course is past, especially if after it they find any Flux of watery or slimy Matter from the Part, which is very usual.

*R. Charyophil. Drachmas duas, Cinnam. Rbubarb. Opt. a. a. Drachmam unam, misceantur et fiat Pulvis in XII. Chartulas distribuendas, quarum capiat unam bis in die.*

In this Manner they will prevent the least Degree of Whites, and keep that Part perpetually in good Order, and fit for Generation. *Rbubarb, Diascordium, Fuller's Rbubarb Electuary; Elect. Resin.* in Fuller, the *Lac Alum.* in Bates; Fuller's *Empl. de Bolo*, and the cold Bath at last are proper for the Whites. The *Pilule Bened. Fulleri* attenuate and scour off Phlegm in the Stomach, Intestines and Womb, depurate the Blood, are good in hysteric Disorders, and cure Barrenness.

#### *Diet for Women with Child.*

Women with Child must suffer some Change, when the Flux, by which the abounding Blood used to be discharged every Month, according to Nature in grown Women, is suppressed and quite stopped, during Pregnancy; and as the Health of pregnant Women



Women is greatly to be preserved or recovered by the Assistance of Diet, this Inquiry is well worth our Pains.

We must have regard to all the Circumstances of every Woman, and to the Configuration of the Parts; for which Reason, as every big-bellied Woman, before Impregnation, was not delighted or pleased with the same Victuals or Drink, altho' the Victuals she took before were not the most wholesome, we must not quite forbid her the Use of customary Things, only we must moderate their Use.

For as *Hippocrates* sad, bad Victuals which we have been used to, are the most readily borne; and Persons have fallen into grievous Diseases, for having suddenly changed this way of Living: However, they must not be indulged so far, as to grant them a promiscuous Liberty of eating and drinking all their false Appetites crave.

I advise Pregnants therefore to insist upon wholesome Diet, and such as may correct the Fault of preceding Errors, and to avoid sour, sweet, saltish and viscous Things; for as an ill State of the Juices transmits an hereditary Depravity to the Child, so also Women using an ill Diet, corrupt their Juices, and consequently the Child's too; for Gripes, Epilepsies, Breakings-out, and all other Ills proceed generally from the Mother's Liberties.

As for the Quantity they are to use, the Varieties of Subjects are to be considered; for they who are dry and lean, ought to feed plentifully, but full and plump Women more sparingly; for some Harm befalls Pregnants, both as to themselves, and from the Child's too great Increase.

To the Pregnants that are of a full Habit, or of an ill Habit, it happens that their Legs swell, from the abundance of Humours stagnating, or the Vessels thereabouts swell, and cause Trouble and Pain; or if the Head is stuffed with Plenty of Blood, and

brings on a Head-Ach, or Bleeding at Nose, or a Beating of the Temples, or a Tooth-Ach, to such a spare Diet is proper, to which you may add Tea and Coffee, or Ptilans, as also gentle Laxatives.

Damage befalls the Mother from the Growth of the Child, not so much in her Pregnancy, as at her Labour; for if the Child be very large, and the Vessels much distended, it will have much ado to find Passage; and for this Reason is a spare Diet convenient, and now and then drawing off a little Blood is very useful, which does also contribute much to other Disorders arising from an excessive Circulation.

It is certain, that Bleeding is necessary in plump Pregnants, when they have a good Stomach, and where the Menfes flow too plentifully before Conception; and this is the stated Practice all over Europe at present, and it is often repeated with Success, where any violent Symptom infests plethoric Women; and Mr. Boyle blames those who gave too much Credit to Hippocrates's Aphorism, that forbid this Discharge.

#### *A Dropsy in pregnant Women.*

An Anasarca in a Woman with Child, must be attacked with such Evacuations of Cathartics and Diuretics, as by no means accord with Pregnancy; and yet to suffer it to reign, would so endanger Abortion, that whenever the Child begins to grow weighty, the *Lax Uterus* could not retain the Load; a Mean then is to be observed, we must cure the Dropsy, and strengthen the retentive Faculty, which may be safely done; hence these Evacuations are to be attempted, and yet with such Caution, that the Danger in View must be warded by corroborating and styptic Medicines, at proper Seasons.

*Abortion to prevent. How Imagination works upon  
big-bellied Women.*

We must in the next Place give Directions about the Motion of the Body, and the Passions of the Mind in Pregnants. Violent Exercise seldom fails of causing Miscarriage, because when Vessels are full with Blood, Exercise shakes the Vessels and breaks them; from this Rupture or Breach Blood flows and the Miscarriage ensues, especially if they are subject to Miscarriages from the Nature of their Constitution.

To them all violent Motion or Agitation of the Body is prejudicial, because it tears the After-burden from the inner Membrane and Glands of the Womb, and so causes the Infant to come before its Time: And a sedentary Life is carefully to be avoided by all, because as the Muscles of the Belly are compressed by this kind of Life, they cannot be extended, and therefore the Child cannot come to its full Growth.

Moreover Digestion must be ill performed for want of Exercise, and then the Mother's Blood being depraved, the Child's of Course becomes vicious; for as the Pores become open every where by Motion, many Steams of no Use, and dangerous to the Body, are retained, which ought to have been thrown out of it: Besides, Motion causes regular Stools, which by sitting are too long kept within, and they serve to fill their Bodies with Wind and Obstructions.

We must also regulate the Motions of the Mind, if we would do any great Service to Pregnants; if Imagination has any Force upon the Infant, it is done by Thought, and that by some excessive Motion or Exhaustion of the Spirits: There have not hitherto been wanting Histories and Observations on the Harms done to the Foetus by the Force of Imagination.

But



But so much may we grant on the Force of Imagination, that it either can move or arrest the Motion of our Spirits, or how comes it to pass, that Frights have killed, and Joy has caused Miscarriages? Wherefore let Women avoid Grief or excessive Passions, which may have an Effect on the Mother's Blood, for there is the same Circulation in both, and the same Consequences must follow from the same Changes.

As then the Mind acting has the same Force upon the Child, as the Mother's Exercise, big-bellied Women should avoid the Passion of Grief; and if such should be surprized with it, we must endeavour quickly to divert them, or the Child, whose Stamina are tender, will be greatly injured thereby; whereas Diversion takes off the Edge of Grief, and you may prevent or remedy any Injury.

Women with Child should avoid sleeping after Meals, because it occasions Night-Mares, Dreams and Frights, inasmuch as the descending Vessels are compressed as well by the Child as by the Victuals, and the Circulation is disturbed thereby.

If they are costive, let them procure a Stool at any time with Manna, Prunes, or Syrup of Purging Roses. Glysters cannot be so well given, because the Pipe distends the Womb, and the Suppositories are for the same Reason inconvenient.

Bleeding is often found of great Use for the Discharge of an excessive Quantity of Blood in the Vessels, for by so doing we prevent the impending Strangulation of the Infant, and the Disorders of the Mother: Pains therefore in the Legs, and Aneurisms or Varix's are prevented by it.

Lastly, We shall observe the Effects of the Air on Pregnants; the Air serves to digest our Victuals, to have an Effect on the Mind, to regulate the Vicissitudes of Sleep, and to cause our Secretions; for a serene Day makes all look gay, and helps us to think

think better, hinders us from being dull and drowsy, and gives us Briskness and new Life; therefore an Air full of Vapours, must be prejudicial to child-ing Women.

If any Medicines are requisite, they are such as correct the acid Crudities in the Stomach and Blood; Wormwood then, Crabs Eyes and Aromatics are of Use, but be aware of Brandy Spirits. It is evident then, that Women with Child ought to avoid whatever does disturb the Spirits or Blood, or fill the Stomach with crude and sour Chyle, and whatever shocks the Womb.

*Placenta retained, and Womb excoriated.*

When the Secundine or After-burthen is not drawn entirely away, but part of it is kept within, and there rots away by Piece-meal, the putrid Matter mixes with the Blood and corrupts it, and disturbs the whole Mass, and then Quinsies, Pleurisies, Fluxes, Hysterics, Convulsions, Swoonings, Fevers and Gangrenes succeed.

The Retention of the After-burthen is a troublesome Accident, which may not happen from any Ignorance of the Midwife, for sometimes it sticks very close, where it is left behind, or where any part of it is left, which you may guess by the Continuance of the Throws, like fresh Labours, and by the nasty Smell of what they void.

We must try by all Means to expel it by various Drugs made of Roots of Birthwort, Briony, Leaves of Lavender, Mugwort, Penny-Royal, Rue, Savin, Flowers of Saffron, Galbanum, Myrrh and Spices; Castor, Amber, Borax, or Preparations of these. If a Phlegmon arises in the Uterus from this Retention, 'tis impossible to conquer it without expelling the Secundine,

If by the quick closing of the Orifice, the Placenta is retained, the Midwife tries with her Finger to open the Neck gently, and then introduces another, or more, and searching where it sticks to, she gently removes it: Where it cannot be extracted but by Piece-Meal, great Regard must be had to the Mother's Spirits and Strength, and great Discretion is required in the Midwife, lest the Womb should be excoriated or torn.

Which will oblige us to have recourse to healing Herbs, such as Betony, Comfrey, St. John's-wort, Mullain, Sanicle, and such like, to Balsam of Peru, Turpentine and Opiates themselves. This close Adhesion may be prevented, if Women with Child avoid gluey and gross Victuals and Drinks, and use moderate Exercise at convenient Distances.

*Directions for Women in Child-Bed.*

The excessive Pain and Anguish poor Women suffer in Labour, the Necessity of a large Discharge of Humours by the Womb after it, and the great Hazard of falling into Fevers, Inflammations, and the like, make it very necessary for lying-in Women to be exceedingly careful of themselves. What can be expected after Labour, but Watchings and Pains.

Wherefore Rest and Sleep are absolutely required; their Spirits must be repaired, and yet Fevers must be avoided; they should drink plentifully of white Wine Whey to cause a thorough Discharge from the Womb, of Matter that has resided there for nine Months together, and which, if it were retained, would lay a Foundation for Fevers or Fluxes; and if they put a little Saffron, or Penny-royal, or Rue into their Whey, it would be so much the more wholesom for them.

They



They must carefully shun catching Cold, especially in the Womb, for this has too often been the Ruin of the poorer Sort ; they rise the third or fourth Day, and expose themselves to the Hazard of catching Cold in their Body, this checks their Cleansings, and they are immediately thrown into Fevers, which are always dangerous in Proportion to the Matter that causes them ; and this Matter being very offensive to Nature, they generally die in these Fevers.

The only Method to preserve lying-in Women from Danger, is to keep close in Bed, to encourage Sweats, or a warm Dew, for six or seven Days, by drinking Sage Tea, Sack or white Wine Whey, or thin Broth of Chickens or Mutton, Gruel, Caudle, and Panado, to avoid all Flesh Meat, during that space of Time, and to rise as little as possible, unless to have their Bed made, and then to have their Feet wrapt up in Blankets, to keep out the Air from the Womb.

By observing these few Directions, it is easy to come safely through, otherwise it is a mere Chance but they suffer for their Neglect, immediately, or at least some Time after : There is an absolute Necessity for Child-Bed Women to be kept in a constant Dew ; and because they presently complain of Thirst, after their Delivery, and are greatly weakened, a little Wine warmed with a Crust of Bread in it, (and some good Broths) may be allowed to recruit their Spirits, but not so much as to inflame.

Their Diet should be very thin and void of all Flesh Meats, they must shun any Vexation ; more especially Anger and Frights, because from Anger arise dangerous Fevers, or violent Hemorrhages, and from Frights there ensue either Hemorrhages, or a total Suppression of the Cleansings.

Hysteric or convulsive Fits do often ensue upon Labour, under the Shape of Sleep, that it deceives the Midwives, and the poor Women sleep on, and never wake afterwards; forbidding them therefore to sleep, if they do, you are convinced it is the Effect of a Disease, and you are warned to take proper Care.

Women who are lying-in may take now and then a Dish of Coffee to refresh their Spirits, and this is known by Experience to comfort them and recruit their Spirits.

*Lochia suppressed.*

The Cleansings of Child-Bed Women are often suppressed from evident Causes, which ought to be known, in order to avoid them.

First then, Cold is capable of producing this dangerous Effect; for if the cold Air be admitted into the Womb in the Time of Labour, as indiscreet Women do often experience, and there constringes the Mouths of the Vessels, which are at that Time very open, or thickens the Blood that should drop from them, or congeals the phlegmatic Humours in the whole Mass, for these sort of Constitutions are most subject to receive Damage at this Season, or close the inward Orifice of the Womb sooner than usual, this Distemper happens.

It sometimes also happens, that by Reason of a grievous Passion of Mind, such as a Fright or great Apprehension, these Cleansings are entirely stopt, because such an Accident stops the Blood's Motion at once. They are also often suppressed from an indiscreet Change of Linen, which may be wet, or too cold.

It can never happen that Women should have this Flux suppressed, without a sensible Damage and Danger of Life; for it endangers an Inflammation  
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and a Fever, both fatal in themselves, and brings on a Distension and Swelling of the Womb.

By this Distension, and the Acrimony of the stagnating Blood, it naturally introduces Pain, and the retained Parts being in some Measure reconveyed to the Blood and Heart, a Fever ensues; the Matter stagnating degenerates into Corruption, the watery Parts run out, and leave the sharp Corruption behind.

This galls the Womb, and causes an Inflammation, which at last terminates in an Abscess or Ulcer, and then stinking and purulent Matter runs forth, and an invincible Disease is produced, which makes them miserable for a long Time, and then carries them off; nay, sometimes Cancers have been occasioned from such wretched Management, where all those Evils that attend a horrid Torture must be their Portion.

They must live upon thin Diet, and encourage Warmth and Sweats; and as the Faults have been made mention of, they must be carefully avoided: It is usual with the Women to give Penny-Royal Tea on such an Occasion, and if they add to this Tea twenty Drops of Tincture of Castor and foment the Parts with a Decoction of Mallows, they would prevent Inflammations, Abscesses, Gangrenes, Fevers, and the like Mischiefs. — See *Menses suppressed*.

#### *A Pleurisy and the Lochia.*

A Peripneumony or Pleurisy, along with the Lochia, is a Case of Difficulty; to bleed you may suppress the Lochia, but to neglect it, your Patient falls under the Weight of the Inflammation; but as the Inflammation is acute, and soon terminates in Death, at least in a Vomica or Empyema, and the Suppression may only possibly bring on the puerperal



ral Fever ; we are chiefly to regard the Inflammation, yet by no Means to neglect the natural Flux so much as to have no Eye towards it ; hence must we mingle Contraries.

*Lochia suppressed, and a Diarrhea.*

If a Woman in Child-Bed, upon the Suppression of her Lochia, by cold, fall into a Diarrhea, and other Symptoms of Faintness, short Breath, &c. it becomes necessary to blend Opiates for the Flux, along with Emmenagogues, to promote the Lochia, and which has been done with so common a Compound as Theriaca Andromachi effectually ; and by this one Medicine mixed in a proper Julep, the Symptoms and Diarrhea gradually ceased, and the Lochia as gradually returned. This will do in a Diarrhea with the Menfes.

*A Cholera Morbus along with the Lochia.*

If a Woman in Child-Bed is seized with a Cholera, whilst her Lochia are yet upon her, the same Difficulties arise as when a Diarrhea seizes ; for the Cholera requires gentle Promotion for some considerable Time ; after which, nothing so effectually relieves as Opiates, but the Administration of them is injurious to the natural Flux, and the Neglect of them to the Cholera ; they must then be given, because the Cholera is more immediately mortal ; therefore give them compounded with uterine Medicines, where Regard will be had to both Indications, though not equally, because the Motion of the Lochia includes less Danger for the present.

In complicated Cases, we must always have most Regard to the greater Evil ; but in Diseases which are contrary to each other, and whose Consequences on either Manner of Procedure, are either nearly  
I equal,

equal, or really upon a Balance ; there must be 'Re-  
gard had to both Diseases, in Proportion to the In-  
dicant.

*Hysteric Fits, and the Lochia suppressed.*

These Fits are an usual Consequence of a Sup-  
pression of the Lochia, and the immediate Cause of  
them are a tumultuous Motion of the Spirits, in  
which the Nerves are also concerned and shortened ;  
for if they are any where filled with the Fluidum  
Nervorum, their Dimension in Breath shortens  
them : In this complicated Case then, we must blend  
Emmenagogues and Opiates, without which, Con-  
sequences on either Hand would be tedious or dan-  
gerous.

*Lochia immoderate.*

There is an opposite Fault to Suppressions of  
the Cleanings, for they often flow too much, from  
a Laceration of the Vessels, where the Midwives  
precipitate the Delivery ; for it happens in Miscar-  
riages, as it happens in unripe Fruit, which is never  
plucked without damaging the Stalk, or the Tree,  
or both.

There are indeed many other evident Causes of  
this immoderate Flux ; such are the giving too ma-  
ny forcing Drugs to ill Women for bad Purposes.  
If they flow too immoderately, then Swoonings  
and Weakness ensue, and we must be cautious in  
our Proceedings.

They must live upon thickening Meats, and keep  
cool and without Motion, and carefully avoid the  
Faults abovementioned.

It is a Mistake which ought to be rectified, for  
Midwives to give Irish Slate to promote the Clean-  
sings, for it is an astringent or binding Remedy, and  
ought to be given in a Flooding.

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And therefore we should mix a little of this Slate powdered, in an Electuary made up with Dragon's Blood, and Conserve of Roses together, and give of it often in a Day. We also use Comfrey, Plantane, Tormentil, Pomegranate Flowers, and such like, for stopping an immoderate Flux of these Loches. *Helvetius's* Styptic is excellent for all inward Hemorrhages.

As for Winds in the Womb, admitted into it by exposing themselves to the cold Air, we ought to stowe the Part with Anniseeds, Caraways, Cloves or Nutmegs, in order to expel it again. In general, if Errors be avoided, and sufficient Directions have been given how to avoid them, none of these Misfortunes can attend lying in Women. *See Menses immoderate.*

### AFTER-PAINS.

I shall speak now of the natural Attendants in all Labours, that is of the After-Pains, the Costiveness, and the lacteal Fever.

As to the After-Pains, they continue after Labour, and each resemble a fresh Labour, and are caused from the Womb's Irritation, not yet appeased; hence then Spasms and Convulsions.

It is made a Question, whether these After-Pains ought to be relieved or not; but what can be more natural than to shun or take away what is foreign to Nature, or to remove what is very troublesome?

But many are of Opinion, that these Pains are of Use to continue the Cleansings, which in a moderate Degree is true; but if they exceed, they bring on Fevers, Phrensies, and many other dreadful Symptoms; wherefore they are to be removed as they exceed in any Measure.

These



These Pains are to be asswaged with Anodynes, such are Camomile, Dill, Marsh-Mallows, Fennegreek-Seed, Linseed, Poppy-seed, Sperma-Ceti and Opiates, adding Carminatives, or Expellers of Wind of the gentle Sort, lest they raise Disturbances, if Wind accompany them.

The Resistance made to flowing Blood by the contracting of the sanguine ruptured Arteries of the Womb, which naturally follows a Woman's Delivery, may well occasion After-Pains, and very probably is the most frequent Cause of those Pains, which are perceived in the Womb: And the more quick and strong the Contraction of those Arteries is, or the greater the Impetus of the Blood happens to be, the more acute must be those Pains.

These After-Pains are abated by emollient Things, which manifestly tend to render the Contraction of the Vessels more slow and moderate. *R. Ol. Amygd. Dulc. Syr. de Mecon. a. a. Uncias duas, Sperm. Ceti Scrupulos quatuor, Ol. Junip. Chym. gut. XX. et fiat Mixtura Anodyna, cujus capiat Coch. i. tertiis vel secundis, vel singulis horis, durante Doloze, Pituala prius bene agitata.*

#### *Costiveness, and the Milk Fever.*

Costiveness arises from the Discharges made from the Womb, the Breasts, and from the Pores by Sweating, which call off all the Moisture, and make them costive.

The Milk Fever, with all its Symptoms, to wit, Shivering, a painful Distension of the Breasts, a Weight of Shoulders and Back, Head-Ach, Thirst, and the like, come on the third or fourth Day.

Because the lying-in Women keep quiet in Bed, and their Humours have, for some Time past, been under a State of Compression, but being now set

free, and the Channel being turned, the Fibres begin to contract every where, and the Contraction being universal, a quicker Motion is communicated for some few Days to the Blood, that is, a gentle Fever arises.

It is a common Maxim, that place the Cause, and the Effect follows, wherefore ought it to be true, that if you take care that the Cause be avoided you prevent the Effect; and although the Cause should act, yet by removing it suddenly, you prevent the Consequences. Hence it is evident how we avoid the common Attendants of Labour, for the natural ones must follow of Course.

In Costiveness it is not safe to make use of Cathartics, for fear you raise Disturbances; gentle Laxatives or Suppositories are sufficient; we ought never to exceed an Infusion of Sena or Manna, or a little lenitive Electuary.

If the Milk Fever should chance to turn into an intermitting or continual Fever, we must have regard to the Nature of it, and in general, we must make use of gentle Diaphoretics, such are Roots of Contrayerva, Rue-Leaves, Marigolds, testaceous Powders, such as Crabs Eyes, Galsoign Powder, and the like.

But if we use too volatile Diaphoretics, there will be Danger of inflaming the Womb, by forcing the Humours too violently upon the Parts, that cannot as yet circulate the Humours freely, and then they must stick in them, and hurry on Abscesses and Gangrenes.

Having brought Women through their Pregnancy, and their puerperal State, it would be expected I should also speak of the Management of their Babes; but having already treated of their Diseases in another little Book, I shall only here give Directions how to prevent Gripes and Convulsions, which destroy a Multitude of Children.

*Gripes*

*Gripes and Convulsions in Children*

Our Children in *England* are mostly carried off by Gripes and Convulsions; and to provide against these Maladies, would be saving the Lives of two Thirds of those who die.

Women indulge themselves in all cool and windy Diet, when they are with Child, under the affected Notion of longing for all they like; they devour vast Quantities of Fruit, Cucumbers, Peaches, Plumbs, Cherries, Gooseberries, Currants, &c.

This indiscreet Liberty sometimes they suffer for themselves; but if it agrees well with them, it seldom fails of making strong Impressions on the poor Infants in their Womb, whose Fibres are tender, and susceptible of every Mistake their Mothers commit.

This Diet abounds with all that is requisite to create Wind, and raise Convulsions, because they have all a Sourness or Viscosity, or both of them; such Aliment in Children cannot fail of Griping.

Their Blood is made up of the Quintessence of this Diet: Their Secretions smell sour, and their Stools are as green as Grass. Their nervous Juices must be of the same Nature, and it is not possible to avoid either the one or the other, or both, for Gripes commonly end in Convulsions.

The Children must be kindly treated from their Birth; you must carefully avoid the Meconium of their Guts, by giving them Oil of Almonds and Syrup of Roses, joined to a little Oil of Nutmegs, gradually, 'till they have thrown downwards that black pitchy Stuff, that has lain in their Bowels for so many Months.

As soon as you perceive that all this is passed off by Stool, which you will know by the Colour being changed from a black Matter, to a yellow or



brown; then in their Diet or Spoon Meat, if you bring them up by the Hand, mix a Drop of Spirit of Hartshorn in their whole Meal, or of Sal Volatile Oleosum, twice or thrice a Day, for some Time, and you will very probably prevent both Gripes and Convulsions.

And as Children are fed too high, it is probable their little Stomachs may be crammed too much with Phlegm of a four Nature; and a little Dose of suitable Physick, such as the Syrup of Roses, or Syrup of Rheubarb, once in a Month, will be very useful.

In Gripes and Convulsions then avoid Milk-Meats, and Victuals too much sweetened; all these Things turn sour upon their Stomachs, and ever cause these Symptoms. Broths are the best Diet in such a Case; but if Children are peevish, and are very thirsty, Milk boiled thin with Water, and such cooling Diet is best.

I say Milk ought to be boiled thin, and their Pap also. It is a horrid Mistake to boil their Victuals so thick as to be a perfect Glue; it sticks indeed to their Ribs, as they say, and to every Place, and their little Hearts have not Force enough to dissolve it. This is the last Scene of our Victuals in our Blood.

When all the fluid Parts are carried off by the Urine and the Pores, the Juices become jellied and unfit for Circulation; and our Remedy in such a Case is to supply Liquor to dilute this Jelly, that it may not stick too much any where; for Nurses then to look upon this Thickness of Children's Victuals, as a necessary Condition to nourish them, is a vulgar Error, that ought to be exploded, and put out of the Nurses Heads.

It is from hence that they are so far from gaining the End they aim at, that they starve the Child, and bring it into an Atrophy and Wasting. Sugar doubt-  
less

less does sheath sharp Humours; but then it leaves an Acidity behind that preys upon our Bones, and therefore rots our Teeth. It is this Sour which lies hid in it, that makes it prejudicial to hypochondriac and hysteric Men and Women.

It is, upon the same Account, ill Food for Epilepsies, and all Sorts of Convulsions, and therefore let Mothers and Nurses look well to Children, that their Food be not too much seasoned with it; or let them be very exact in giving some of the Hartshorn Drops I just now spoke of frequently. — See *Convulsions*, and my *Treatise of Children's Diseases*.

### *Hysteric Affections.*

Hysterical Women are highly prejudiced by the fix Non-Naturals; and first, as to the Air, which according to its various State and Condition, can alter and change our Bodies in divers Manners, whilst it is mixed and infested with Vapours and Steams, or whilst it is cloudy or rainy.

And as a moist and cold Air heaps up Phlegm, and the same being violently hot, increases Cholera; so also bileous and phlegmatic Humours are made from our Victuals and Liquors, that is, from such Things long continued as are either too viscid and phlegmatic, or too acrimonious, aromatic and spirituous.

The same also is produced from Sleep, Watching, Motion, Rest, and the Passions of the Mind; for from any Excess of one of these, the Cholera or the Phlegm increases and depraves the Humours; and more especially the cold and moist Air contributes to produce this Disease.

Inasmuch as by this Means a Heap or Load of vicious or phlegmatic Humours are gradually produced in Women's Bodies, both by Reason of the

Constipation of the Pores, from the external Cold, and the Stricture of the Mouths of the Vessels.

Hence the Ferment of the Stomach; and the Spirits themselves, few or weak in this Sex, are overwhelmed with Abundance of watery Humours, and the whole Mass of Blood being rendered less and less fit for producing Spirits, and liable to Congestions in many Cases, this Disorder is necessarily introduced.

Now, from these Considerations a satisfactory Account may be given of the Preludes of this Distemper, for the following Signs precede it; a spontaneous Lassitude, Weariness, with a Weakness of the Legs, a Paleness of the Face, with a sorrowful Countenance, a Loathing, an Aversion to Victuals, sometimes a Noise of the Bowels, which is often attended with Pain.

But when the Fit begins, there arises in an Instant a Difficulty of Breathing, and a Stricture of the Jaws, as also a Sense of Choaking; they grow mute, fall into a sort of Sleep, their Bodies grow cold, then they lose their Senses, and their Legs are convulsed.

Then the Fit abates, Matter flows from the Womb, the Part is relaxed, their Cheeks begin to glow and redden, and then their Senses and Motion return; but all these Signs do not happen to all, only some in one and some in others; for various and divers Symptoms are produced according to the Diversity of the Causes and Subject.

For sometimes there is felt in the Throats of the Patients somewhat like a Globe sticking, which throws them into an Apprehension of Choaking; sometimes there is felt somewhat like a Weight or Globe in the left Hypochondres, which is pressed together by a Hand, as it were; sometimes Belchings do attend them, which being got up, seem to relieve them for the present.

At other Times they are afflicted with a Difficulty of



of Breathing, and a Sense of rising up of the Bowels into the Breast. Lastly, sometimes they are taken with very grievous Symptoms, such are Falling-Sickness, Swoons, Convulsions, Ravings, and many more to make up the dreadful Tragedy.

Moreover, this Disorder is observed in all States, in sedentary Persons, in Virgins, Wives and Widows, and the same does invade at certain Periods, more especially at the Time of the monthly Flux, and sometimes upon mere Accidents from the Air, Diet, Passions of the Mind, or others, that move the Blood and Spirits; and that it varies in Degrees, so that some few are gently, and many are sore afflicted with it.

I will now explain the Causes of the abovementioned Symptoms. Women are by Nature colder than Men, and therefore their Skins and Flesh are more tender, soft and lax, and do therefore perspire less, which may be reputed one Cause of their menstrual Purgation.

But Men, on the contrary, are by Nature warmer, have their Bodies more patent and perspirable, their Skin and Flesh are harder, and more fibrous and porous, and instead of that menstrual Flux, the Perspiration suffices.

To which if we add the Fatigue and Labour of Men, we may readily see how they have no need of such Discharge; and Women who give themselves up to Labour, experience what Effect that has upon their menstrual Flux, because they are rarely troubled with it.

A Suppression then of such a Flux, where nothing recompenses, is acknowledged by Physicians unanimously to be the Cause of this Distemper, because it fills our Veins with Impurities.

Both Reason and Experience confirm, that gross Aliments used with Continuance do enervate the Ferment of the Stomach, and this being once obtund-

ed, the Chyle is thrust downwards into the Canal of the Intestines in a crude Condition, from whence it passes into the Blood, unfit for either the progressive or intestine Motion.

And these Causes affecting Women for some considerable Time, give rise to such a Disease ; for the Blood being gross, crude and spiritless, being watery or phlegmatic, all the Parts it arrives at are tainted with these Faults, so that the Temperament becomes cold.

These Causes concurring, there is heaped up a large Quantity of phlegmatic Humours, which obstruct the Glands, the Pores, and smaller Vessels, from whence it follows that there must be much Matter retained.

The greater Portion of this gross and crude Blood settles upon the Parts of Generation, by reason of their depending Position, and the Weight of the Humours, and then they stick and obstruct their Passages, and hinder their monthly Flux, whence a Load of Humours, which used to be thrown off, is further added to the Mass.

Great Part of these Humours reside in the Womb, and grow acid and pungent, and occasion an irregular Flux, from which Accident many Symptoms of ill Consequence are produced ; while the Flux is on foot these Symptoms abate, when it is retained they become ill ; so that the Disease keeps pace with this Flux.

The other gross Part of the Blood, lodged in the Ovarium, rests there, and produces from its Corruption various Irritations on the Nerves, and drives them into Convulsions of the lower Parts, from whence all the Disorders do arise ; to wit, from the phlegmatic Humours, the menstrual Flux, and the irritating Corruption in the Ovarium and adjacent Parts.

When the Evil increases, these malignant Steams vellicate the Stomach and Bowels, which being  
thrown

thrown into Convulsions, the Guts make a Noise, as if Wind rolled along, and occasion a Straitness of the Breast by a Convulsion of the Muscles of the Abdomen; this Convulsion is what the Women call the Rising of the Womb, when in Reality it is owing only to the Convulsions of the Nerves in the Mesentery and Intestines, which swell them up.

And when this malignant Humour rises higher, even to the Brain itself, the animal Spirits passing through it, are variously tossed in the Meanders of this Organ, from an irregular Motion of them, and cause a Giddiness, or they enter the Nerves of the Heart, and the Muscles in a tumultuous Manner, and raise Palpitations and Commotions every where.

And if by any violent Shock of the abdominal Muscles, and of the Parts within, any Portion of Sperm should be thrown forth, when that is done the Fit ceases, and an universal Weariness remains for some Days, joined sometimes with Pains of the Head, occasioned by the Consumption of the animal Spirits, and the jolting together of the Muscles; and the Pains are caused from some Reliques of the Humours deposited on the Membranes, which by stimulating them bring on troublesome Sensations.

Besides these Symptoms, which arise from a subtle Vapour, others no less grievous arise from the grosser Parts of the morbid Humour, for these being brought back to the Heart along with the Blood, do lessen the intestine Motion and Generation of Spirits by their Crudities; the Motion of the Arteries which depends on a strong Influx of spirituous Blood, will necessarily grow languid, the Circulation be retarded, and for want of spirituous Blood and Heat, the Face grows pale, and the Extremities grow cold.

A Penury of animal Spirits in the Brain and Nerves follows a Defect of Spirits in the Heart and Arteries; hence happen a Trembling of the Joints, a Cessation of Motion and Sense; and another Cause



of Respiration being intercepted, is a Defect of Influx of the Spirits into the Muscles of the Breast, the Intercostals and the Diaphragm and Larynx.

All which Symptoms do afflict, until the morbid Matter be dispersed, which happens sooner or later, as there is more or less of this Matter; the Fit sometimes declines with a deep Sigh, by Reason of the intercepted Respiration returning with a Struggle and Difficulty.

The morbid Matter, which is the immediate Cause of other Symptoms in other Parts, ascending by the Circulation from the Womb and adjacent Parts, is carried into various Parts of the Body by the Veins or Arteries, or by the Nerves to the Muscles, where Convulsions so frequently happen.

From all which it appears, that no one Part can properly be called the Seat of this Disease, since it wanders every where, and therefore it is universal. It is moreover evident that this Disease is not a single Symptom, but rather a large Collection of Symptoms, which variously affect the diseased.

Now as to the Regimen of the Non-Naturals; and first, as to our Diet, if that be neglected, it will hasten as well as cause it: Our Diet ought to consist of Victuals of tender Fibres, and Juices easy of Digestion; avoid salt Meats, viscid Diet, such as Peas, Puddings made of Flower, and the like; shun most of Sea Fish, and Sugars; Aromatics are allowed; Wine and Water is commendable, and a Glass of Wormwood-Wine is of Use, but Ale is not very proper.

Let them live in a dry and moderately warm Air; let them exercise moderately; they must sleep well, and avoid all Books or Discourses tending to Debauchery; see that their menstrual Flux, Urine and Stools answer in proper Time; and in a particular Manner have a care that nothing perplex their Mind. The *Mist. Chalyb. Hyster. Pil. Bened. and Pulv. Rhu. barb.* in Fuller are all proper Medicines. — See *Hyp. Hy-*

*Hypochondriac Melancholy, and Night-Mare.*

In the hypochondriac Affection, the Air has a great Share, we cannot live without it for the space of many Minutes, and being inspired, as well as entering through the Pores, it alters the Humours in a various Manner; more especially moist and rainy Weather so unhinges us, that a rainy Day has a sensible Effect of making us vapourish and dull.

Our Aliments and Liquors have also a great Influence upon us, either to introduce or increase this Disorder: Watching excessively spends our Spirits, and renders our Humours distempered; and yet long Sleeps vitiate the Blood, by making it viscid and sharp; Excess of Motion or Ease have the same Consequences as Watching and Sleep: Our Secretions being irregular, do greatly disturb human Bodies.

For if those be retained which ought to pass off, or if those pass off which ought not, great Evils ensue; witness Suppressions of the menstrual Flux, Costiveness, or their Contraries; And the Passions of the Mind, over all the rest, are capable of producing stupendous Alterations within us, which alone are the most frequent Cause of this Disease; for Troubles and Vexations consume the Spirits, and never fail of causing great Disorders.

The general and material Cause of this Disorder is Indigestion, or a crude and viscid Chyle, which brings an universal Lentor upon the Blood. Many Particulars may give rise to this Distemper; as first, a sedentary, studious and inactive Life. 2. Feeding upon gross and viscid Aliment; or taking in more than the Stomach can digest. 3. Excess in Venery. 4. Too large Evacuations of any kind; or a Stoppage of such as are natural and necessary. 5. Ex-

tremes

tremes in the Passions of the Mind, as Grief, Sorrow, &c.

The Signs of this Distemper are Indolence, Tremors, Fears, Anxiety, Despondency, Indigestion, Inflation of the Stomach after eating, Costiveness, a Difficulty of Respiration, a Swelling in the Throat threatening Suffocation, Pain in the left Hypochondria, from Flatulencies, a Palpitation of the Heart, with a Pressure felt about the Abdomen and Viscera; in which Case the Patient is under a terrible Apprehension of Death. Lastly, when these Symptoms continue long, they cause Weakness, frequent Head-Achs, Vertigoes or Epilepsies.

This Disease is seldom mortal, though if it continue long, it may at length prove so, by degenerating into the Epilepsy or Apoplexy. If the hemorrhoidal Flux happen here, it often proves a Cure; so likewise does a copious Discharge of black Urine without a Fever. Persons of a thin Habit, pale Complexion, and such as abound in Saliva, are most subject to this Distemper.

Let the Air therefore be greatly regarded; if it be too hot, let it be cooled artificially, or if it be too moist, let it be well aired with Fire; eat but little at a Time, and suit the Diet to the Occasion, and their Liking and Agreement; for if the Blood be too adust, we must feed upon Liquids and slippery Victuals, such as Gruel, Panado and Creams; if only too viscid, we must eat fresh and young Animals seasoned with Spices.

We must however observe what agrees or disagrees with them, for that gives us a fair Hint of the Cause of a Disease: For Example, if Puddings or Eggs disagree with their Stomachs, it is a Sign that a viscid Diet is prejudicial to their Disease, and that such Diet as is known to enjoy contrary Properties will be convenient.



As Sleep, Watching, Exercise and Ease, fall under the same Predicament of Motion, we have no more to say concerning them, than that the Patient must be guided by the Advantages or Damages reaped by them, which they are capable of judging of alone; such long Illnesses as this Disease is, give Room enough for Observation.

Stools ought generally, in this Case, to be promoted, for few Melancholics are loose, and they are most gently promoted by Laxatives or Glysters, which may be made up of Milk with a little crude Allom, and strain out the Whey for a Glyster. We must also give a strict Eye towards all other natural Discharges, and see that they proceed according to Nature's usual Manner.

The relieving exorbitant Passions must be the Care of the By-standers; their Spirits are to be sooth'd by Reason and Persuasion, as well as Diversion. Flummery is the Jelly of Oatmeal, and it is a very nourishing Diet, because it is thick, but not sticking; and it passes through all the Capillaries without stopping them up. 'Tis good in vapourish Constitutions, and licks up the sharp Humours, is a light Diet, and keeps the Body open.

Whatever Aliments and Exercise tend to promote a good Digestion, liquify the Juices, and fortify the Blood, are here proper. Wine should be allowed in Moderation; the Food should be nourishing and easy of Digestion. Nothing is more advantageous than agreeable Conversation, a good Air and brisk Exercise, but especially riding on Horseback.

Bleeding in Melancholics is bad; but if the Case proceed from a Suppression of the Menfes; if the Palpitation of the Heart be great; if an Epilepsy or Vertigo attend, or be feared; and for the convulsive Motion in the Throat, so frequent in this Distemper, it is absolutely necessary, especially in sanguine Constitutions.

Emetics

Emetics are frequently used and repeated in the Cure of this Distemper: Half a Dram of Ipecacuanha may be given once or twice a Week as Occasion requires. Strong Purgatives are improper, but Laxatives answer well. The *Tinctura Sacra*, *Cremor Tart.*, *Rhubarb.*, *Manna*, &c. and the purging Waters, are often prescribed with Success.

Chalybeats are of great Service in this Case after gentle Evacuations, especially being used together with the Cortex; but for those of a heetical Constitution, *Rad. Ellebor. Nig.* made up into the Form of an Electuary, Pills, or Tincture, ought always to be substituted instead of Chalybeats.

During the Steel Course, or towards the latter End thereof, the cold Bath may prove of great Service, being continued for some Time. A Course also of chalybeate Waters might be adviseable. If the Distemper yields not to the Use of these Means, Recourse must be had to such as are prescribed for the hysterick Disease. And if these likewise fail of Success, the Case may be treated as maniacal, which see in the two next Pages.

### NIGHT MARE.

The Night Mare, or the Sense of Imagination of a Weight pressing upon the Stomach in the time of Sleep, is often a Symptom of this Disease, and may proceed from the same Cause, viz. imperfect Chyle, or a Viscidity in the Blood, which hinders its free Circulation, especially through the fine Capillaries of the Lungs. It also follows upon a Plethora, full Meals, late Suppers, and the eating of Things hard of Digestion. Let the Patient chuse a dry, clear and brisk Air; let his Sleep be moderate, and taken at a due Distance from Meals.

If a Plethora, or too great Fulness be the Cause, bleed, and afterwards give a gentle Emetic: When

it

it proceeds from, or attends Melancholy, or a great Viscidity of the Blood; after proper Evacuations with mercurial Purgatives, a Course of chalybeate Bitters may prove serviceable; or Preparations of *Rad. Ellebor. Nig.* together with *Sal. Absinib.* for these will greatly attenuate the Blood; but if it proves obstinate and troublesome, 'tis to be treated as an hypochondriacal or hysterical Case.

*Melancholy Madness.*

Melancholy Madness is defined a Delirium without a Fever, joined with Fear and Sadness, and is commonly no more than the hypochondriac Affection aggravated, which ought to be regarded in the Cure. Whatever depresses the Blood and Spirits causes this Melancholy Madness.

The Diet here should be moist and lubricating: Wine may be allowed in Moderation; and cheerful Conversation, a clear Air, Exercise, and especially Riding, contribute to the Cure; wherein also Emetics, Epispastics, Cephalics and Sternutatories should be freely used, but Purgatives more sparingly,

Hereto must be added Chalybeates, *R. Tinct. Helleb. Nig. Tinct. Mart. Myns. a. a. Drachmas duas, Spir. Corn. Cerv. Tinct. Assa Fetid. a. a. Scrupulos duos, M. Sumat gut. 40 ad libitum, in Vin. alb. et Aq. Font.*

*R. Conserv. Anibos, Rutæ a. a. Unciam i. Rad. Ellebor. Nig. Cort. Peruv. Pulv. Chalyb. ppt. a. a. Drach. iii. Castor. Opt. Scrup. iv. Syr. Croci. q. s. m. f. Electuar. Capiat quant. N. M. ter in die, cum Coch. iv. Infus. Amar.* The cold Bath is good here.



*Mirthful and raving Madnefs.*

Madnefs is a Delirium without a Fever. By Delirium is meant a roving, disorderly Inconfistence of Ideas; there are three Species or Degrees of it, viz. Mirthful, Raving, and Melancholy already spoken of; which variously compounded, and in their different Degrees, together with Anger and Boldnefs, Fear and Sadnefs, make all the various Phenomena in Maniacs.

The Cause is whatever distempers the Brain, so as to affect the Mind; as Intenfenefs of Thought, Anxiety, Watching, great Dangers, Frights and frightful Dreams, strong Desire or Passion, a Stoppage of the requisite Evacuations, or whatever renders the Blood and Spirits too volatile, causes the mirthful and raving Madnefs.

The Signs are unufual and unprovoked Anger, Boldnefs, Fiercenefs, Laughter, Loquacity, Taciturnity, Thoughtfulnefs; the Passions sometimes rifing fo high or falling fo low, as to occasion the Patient to attempt his own Life, and sometimes that of others.

An hereditary Madnefs is deemed incurable. The Species attended with Laughter is eafier to cure than that accompanied with Audacity. Extraordinary unforced Evacuations, as Sweat, a Hemorrhage, a Loofenefs, or a large Difcharge of Urine, are good Signs.

In the mirthful and raving Madnefs, a flender Diet is beft, fuch as Gruels, thin Panada, Barley-Broth, Barley-Water, Tea, &c. Firft bleed in the Jugular, and afterwards once a Month in the Arm during the Cure, if the Cafe requires, and Strength allows.

Bleed, give ftrong Emetics and Cathartics to evacuate the Humours, and bring the Spirits low, and  
Opiates

Opiates at Night to quiet the Fury. Epispastics are good, and in obstinate Cases apply one to the whole Scalp. Sternutatories, perpetual Blisters and Issues, assist both here and in other nervous Cases.

R. *Spir. Nitri Dulc. Tinct. Ellebor. a. a. Drach. ii. Tinct. Castor. Drach. i. m. Sumat gut. 40 ter in die.*  
 Or R. *Sal. Prunel. Drach. iv. Rad. Ellebor. Nig. Drach. ii. Sal. Succin. Scrup. i. m. f. Pulv. in Partes xii. æquales dividendus, cujus capiat unam bis terve in die.* Or R. *Sacch. Alb. Sal. Prunel. a. a. Drach. vi. Ocul. Cancr. Drach. iv. Camphor. Scrup. i. f. Pulvis in Partes xii. dividendus, capiat unam ter in die.* Such Alteratives agree in Madness as cool and absorb the Bile, and gently evaporate by the Pores,

The cold Bath is advantageously used once a Day, from *May* to *August*, not only to mitigate the Influence of the Summer Solstice, but to forward the Cure itself. Remember to shave the Head, and to encourage a free Perspiration in that part.

#### *Scurvy and leprous Eruptions.*

The Scurvy is peculiarly familiar in Countries or Counties where they breath a Sea Air, which gives us some Light into its Cause.

It is an ill Habit of the whole Body, with a stinking Breath, an Erosion of the Gums, a Weakness of the Legs, Spots, Pains, Bleedings, and at length a Consumption, called by the Name of the scorbutic Consumption. It is most accurately divided into the cold and hot Scurvy, and this denotes the Cause of the Disease, and the Nature of the offending Salts, best of all.

It is hereditary, when we derive it from our Parents; or it is accidental, which happens from the Fault of our Juices, by reason of the manner of Life and Diet which have been made use of, or the Con-

tagion by which we received it: It is recent or confirmed, in which last the whole Mass of Blood is contaminated and corrupted, as appears by the Signs of the Degree of the Disease.

There is another Difference taken from the periodical Returns of it, namely, some are infested with it in the Spring, others in Autumn, and others again are never free of it. Diseases are always more readily known by coming to the Knowledge of the Seat of them; for how can the morbid Cause be known; how can Remedies be properly prescribed, and the Cure be performed, if the Part affected be not known?

The main Seat of this Distemper is the whole Mass of Blood, which consists of heterogeneous Parts, which however, so long as they enjoy an equal Harmony, and are mixed in a certain Proportion, so long is our Body esteemed sound: For from the Blood our Spirits are separated, and so the Principle of Motion is preserved; but as soon as any one Principle of Motion predominates over the rest, the Spirits are greatly disturbed, and Evils of all kinds ensue.

Let us now take a View of the Signs and Symptoms of this Disease: It is attended with a great Number of Symptoms, and is often masked in different Habits, of which some are observed in one, others in others; for it would be strange that one Person should labour under every Symptom that attends a Scurvy.

In the Head we meet with Pains, Giddiness, Palpitations of various Parts of the Body, the Colour of the Face is changed, the Teeth are often black, or fall out, the Mouth smells, the Gums are painful, or swell and bleed upon the slightest Touch, and at last eaten away; they are affected with a Weariness all over them, and Spittings like a Salivation do often attend them; also Convulsions, and many more Symptoms, do afflict them.

In



In the Breast we meet with Complaints of Difficulties of Breathing, without any Cough or Stuffing, a Palpitation of the Heart, a Disposition to a Consumption, Spittings of Blood, and Faintings. In the Abdomens there are perceived Pains of the Stomach, Loathing, want of Appetite, Swellings of the Hypochondres, and violent cholic Pains: Then are also observed red or blue Spots, or inclining to a Blackness, which often end in fordid Ulcers or a Gangrens.

Their Waters are often pale, or thick and red, and in many you may observe the Salts swimming and shining in the Water. The smallest Heat, or the Warmth of the Air, make such Urine contract a Pellicule, or causes a Crust to swim on the Surface of it, and such a Condition of the Urine argues that a vast Quantity of Salts do reign in the Mass of Blood, and such Blood must be dense. Now it in general may be granted, that a saline Acrimony is the efficient Cause of all the Symptoms.

From whence the Blood erodes, and becomes dissolved thereby, and unfit for performing the Office of balsamic and genuine Blood; it is, in short, Blood stocked either with acid or volatile Salts, both of which are strongly concentrated and become caustic thereby; the latter produces Bleedings and Spots, and the former generally first thickens the Blood, and produces obstinate Obstructions: It is to these two Qualities we owe all the Appearances above-mentioned.

I shall now hasten to the evident Causes of the Scurvy; and shall begin from the Air, which as it is variously changed and depraved; does communicate various Faults to the Mass of Blood. A thick and cold Air is hurtful, inasmuch as it increases phlegmatic Humours in our Bodies, the Perspiration being greatly hindered thereby, and the Mass stagnating in many Places grows viscid, and gives rise to this Disorder.

Too much Heat does also add acrimonious Parts to the Blood, and therefore in warmer Regions, though distant from the Sea, does frequently produce the Scurvy, curable by Oranges, and such like. It is also certain, that the Sea Air has a great Share in causing the Scurvy. Salt Meats, or such as are salted or smoaked, as Herrings, and other Sea Fish, hung Beef, Hams, &c. Muriatrics, cold Fruits, Pickles, and such like, do cause the Scurvy.

And it is not to be wondered at that the Blood should partake of the Nature of our Victuals, since it is evidently amended by them, if justly observed; and we have not more agreeably Alteratives than our Diet, because we swallow them down with Pleasure; and in such as refuse Remedies, we have no other Method left us to work their Safety by. Sugars do cause the Scurvy, because they contain a great deal of Acid in them.

Sleep and Watching, exceeding their Bounds, do greatly contribute towards a Scurvy; for in such cases the Blood is either rendered too acrimonious or too viscid; in the one the Blood is stuffed with a great deal of tenacious Matter, because the Muscles are at Rest, and the Blood moves slowly in them, which Motion would send forward, therefore does the Blood congeal and degenerate gradually into a Glue.

Hence do the animal Spirits become gross, and few are separated; hence the whole Mass becomes a Dough, and the cold Scurvy ensues: But on the other Hand, Watching renders our Juices thin and hot, and attenuates them, and then volatile Salts reign and produce the hot Scurvy. Motion therefore and Rest do cause the Scurvy, as Sleep and Watching do.

As for the Secretions, if they exceed, or are deficient, they greatly disturb the whole animal Economy; If they are retained, an evident Addition is made,

made, which depraves the Juices and causes Obstructions of various Natures; thus Women by a Retention of their menstrual Flux, and Men by a Suppression of the Hemorrhoids, do both dwindle into the Scurvy of one kind or other.

And on the other Hand, if they become immoderate, their Spirits are exhausted, the Blood circulates slowly, it grows sharp, thickens, stops, and breeds Obstructions, so that it requires nice Observation in every Person to know which of the evident Causes do us good or harm, to know whatever relieves or prejudices us in our Non-Naturals.

And hence arises that true Proverb, that a Man is either a Fool or a Physician at Forty; for at that Time he has certainly observed what agrees with him, or never will. Sadness and Frights do frequently breed the Scurvy, because they retard the Circulation.

This Disease in the beginning is not dangerous, because at that Time the Blood is not much depraved; but if it be suffered to lodge within us for any considerable Time, and if it be confirmed, then are the Blood, the Lymph and Spirits highly vitiated, the Bowels are tainted thereby, the Glands are obstructed, and it is a hard Matter to cure it; and even requires a Year's constant Application to root it out. However, it is certain, that an hereditary Scurvy is much the most difficult to be cured; and in general, from a confirmed Scurvy, Consumptions, Dropsies, Palsies, and grievous Gouts take their rise.

As for the Cure of the Scurvy, as far as relates to Diet and the Regimen of the evident Causes, let the Air be clear and pure where the Patients live, let them remove far from the Sea-Side, for that is generally fetid and saline; let their Victuals consist of Meats of easy Digestion, and let them avoid salted, smoked and viscid Things.



Let their Beer be medicated with Scurvy-Grass, Water-Cresses, Brooklime, Firr-Tops, Wormwood, Marjoram, Rosemary, Thyme, Mustard-Seed, and the like ; and let them avoid too much Sleep, Watching, Motion, Rest, and such like Passions of the Mind as I have observed to be prejudicial, and this may suffice for the cold Scurvy,

But if the Scurvy be hot, then all Acids are conducive, as our common Sailors experience in the West-Indies, where their Blood, by being exposed to so much Heat, is made too saline and acrimonious : But perhaps there is an Acrimony in some People, which will not bear four Things, and then it is safest to dilute well with fresh Water, or Water-Gruel, or Whey.

And in all Acrimonies whatever, Water-drinking is certainly the most convenient ; because should we be mistaken in the Species of it, we should do harm ; but as either is safely and conveniently diluted, and carried off by Water, it is always safest to rely on it, as a certain Remedy for either ; and even in the leprous Cases, Water-drinking is one of the safest Reliefs we find, provided they refrain from Salt Meats, Flesh Meats, Wines, and fermented Liquors.

If you boil Barley-Meal in sharp Vinegar, it will be glutinous and repelling, good to take off Scabs, and leprous Eruptions are repelled by it ; but these stubborn Scabs cannot be driven into the Blood without Damage, unless a Provision be made for the Humour to pass through some other Door ; and therefore if we try this Experiment, we must give some certain Diuretic or Purge, frequently to receive and convey this malignant Humour out by the Kidnies or Bowels.

For this Purpose, take every other Morning as much of an Infusion of Sena as will move you thrice, and next Day take twenty Drops of sweet Spirit of Nitre

Nitre in a Glas of Wine, twice a Day. If we wash Scabs of any sort with Salt Water warmed, it will make them scale off, because it contains an acid Spirit that closes up the Pores.

*Nephritic Pains, Gravel and Stone.*

Nephritic Pains, or Pains of the Kidneys, are of two Sorts, to wit, the warm and the cold. The warm is produced by the intense Heat of the Air, by all hot Spices immoderately taken, such are Ginger, Pepper, Cloves, Cubebs, Mustard-Seed, Garlick, Onions, or by strong Diuretics, such are Tincture of Cantharides, of Millepedes, Oil of Juniper, Turpentine, and the like; by an Abuse of Brandy; by long lying on their Backs, by violent Exercise, and by Suppressions of Blood, and other usual Discharges.

In short, whatever occasions an Acrimony in our Humours, will hurry on this kind of Pain; Salt therefore and salt Meats, and even a general Fullness of the Vessels does often introduce it; they must avoid all these Causes, and over and above, they ought to use Glysters frequently, and a good deal of Oil; the first soothes, and the latter relaxes the Pain.

As for the cold nephritic Pain, that is generated by the following Causes, to wit, a rainy, cloudy, cold Air, viscid Aliments, salt Fish, dried and hung Victuals, viscid Plants, and in short whatever will render the Blood salt and gross; for the Viscidities fit the Juices to stagnate in the smallest Vessels, and then the saline Parts exert themselves in pricking the Membranes.

In case of the Stone, the earthy and viscid Parts swim united together in the watery Part of the Blood; the Viscidity of the Juices, and the Minuteness of the Diameter of the Gravel, are easily suspended

pended in the Blood, till they meet with a straitened Channel, or till they accumulate and stop up the Kidneys.

The Coagulations and Stones in the Kidneys and Bladder are probably small, earthy, sandy, and viscid Particles fastened to one another, as they meet in divers Places, and dried by the Heat of the Body, much after the same Manner as a Tile is a clammy Earth, but dried by an excessive Heat.

Rie Bread without Barm, made only with Leaven; Fruits, such as Cucumbers, Melons, Pompions, Chesnuts, and the like; a sedentary Life, long Sleeps, especially such Naps as are taken after Dinner before the Victuals are digested; and lastly, Passions of the Mind: These are the evident Causes which Patients are to avoid in nephritic Cases.

These Pains are the common Attendants on old Age; 'tis hard that Age should be followed by Infirmities of this kind, because they cannot move enough to get rid of them. I shall moreover add, that whenever you perceive somewhat fatty to swim upon the Water, or that the Urine is muddy, you may immediately guess how necessary it is to apply proper Remedies, or you must expect to incur the Risque of these Pains.

One Cause of the Diseases of the Kidneys is a Compression of them; and certainly in a studious or writing Life, the Body is kept bending downwards, the Bowels then are pressed together, and consequently the Kidneys, their Ducts are straitened, and a free Passage is denied to the Fluids, much more to the small Solids.

Gravel is caused by small Atoms of stony Matter gathered together, and united by Viscosities in the Blood, and then these Concretions stick to the Kidneys, and more is added daily: There are few who have not this stony Matter in their Veins, but that some are so discreet as to wash it down. For



For which Tea is famous: for the actual Warmth contributes to make it enter readily into the Vessels, and makes it attenuate readily: Hence it appears that a discreet Use of Diuretics is convenient for the Gravel; but that too great Use of Tea will bring on a Diabetes, and a Debility of the spermatic Vessels.

Coffee is excellent against the Gravel, whether it be, that the Matter of the Gravel is furnished by the Stomach or from the Blood; this Liquor that corrects the vitiated Digestion of the one, and that purifies the other, cannot fail of being proper for preventing this tormenting Disease. Remedies capable of dissolving the Coagulations and Stones which are found in the Body would be precious.

Anatomists have met with Stones in the Glands of the Mesentery, in the Veins, in the Arms, in the Tongue, and in the Heart. To those who have the Stone, give a Decoction of Juniper Berries, Ginger, Millepedes prepared with the Spirit of Salt, and emollient Decoctions of Mallows, Marsh-Mallows, and such like.

*Spir. Nitri Dulc.* is the most promising, and at the same time the safest Menstruum hitherto discovered for dissolving the Stone in the Bladder. It may therefore be given freely for this Purpose, mixed with proper emollient and diluting Liquors.

#### *A large Stone in the Ureters.*

If a Person be afflicted with a large Stone in the Ureters, the Indications arising is to expel it, being a superfluous and extraneous Body; but as that in the present Supposition becomes impossible, therefore Expulsion is dangerous in a reduplicative Sense: But if we consider the Affair on the other Hand, and apply Remedies proper to enlarge the Ureters, the Stone then moves; so that *Barbette* saying, *Calculus magnus*

*magnus non movendus*, only must mean 'till Emollients, Laxants, Anodynes, and Dilaters of the Passages have been used; and thus it falls out, that total Suppressions may be remedied, if after the Passages are enlarged, Diuretics, &c. are used.

*A Stone in the Kidneys, and Vomiting.*

In a Case of the Stone in the Kidneys, Vomiting is a constant Companion; and though it be a Symptom, and consequently dependent on the rude Shock of the Nerves of the Stomach, communicated to them from the renal Plexus; yet what Advantage can the Sick receive by Medicines which he cannot retain? Hence appears the Necessity of Paregorics to be given either alone or blended, in order to allay the Spasms, and gain a Truce for such to be thrown in, and sent into the Mass of Blood, as may glib the Passages, and relax them to such a Degree, as that the Stone may slip into the Bladder.

*A Stone in the Kidneys, and bloody Urine.*

It is a common Accident to labour under a bloody Urine, from a Stone in the Kidneys, according to Sydenham; and it is not possible to give any Medicine to curb this Hemorrhage, 'till the Removal of the Stone: If this then be an impossible Task, this Symptom will ever and anon revive upon the least Motion; but if we can by smooth and glibbing Lenients shove the Stone from the Part, that which became impracticable, is now easily accomplished. Relaxing Medicines are always safe and effectual; but stimulating Diuretics are improper Remedies.

*Strangury and Dysury.*

The Strangury is a very painful Discharge of Urine, in very little Quantities, as it were by Drops: There is an almost continual and painful urging to make Water, and perhaps not a Spoonful comes off in several Trials. This is a tormenting Symptom to those that have it.

A Dysury is a painful pissing of a scalding Urine, whether the Quantity be more or less. This differs from the Strangury in several Particulars. 1. Here is not that frequent and vain urging to make Water, as in the Strangury; nor 2. A discharging of the Urine by Drops. But 3. Here is an Heat or Scalding of the Urine, which is not in the former.

The Dysury most frequently results from the same Causes which produce the Strangury, viz. A Solution of Continuity in the Bladder, or the Urethra from the Stone, Inflammations, Ulcers, or an Abrasion of the Mucus, appropriated to defend those Parts, from the Saltness or Acrimony of the Urine. Violent or long continued Exercise or Epispastics may occasion them; and they are also Attendants in a Gonorrhea.

The Diet in both these Disorders should be balsamic and cooling, as Gruels, Mallow-Gruel, Panada, Broths, Whey, Tea, Marsh-mallow Tea, Linseed Tea, and such like; and the Exercise must be moderate.

In case of a Plethora or Inflammation, bleed; and let the Patient drink freely of Mallow or Marsh-mallow Tea, in which Gum Arabic is dissolved. Balsamic, diuretic and lenient Cathartics are also proper; and Manna dissolved in Whey is excellent.

When Vesicatories cause those Symptoms, these Teas are proper, and a strong Solution of Gum Arabic in Water will give speedy Relief. When they



are Attendants in venereal Cases, they must be treated with regard to the original Distemper.

*Inflammation of the Reins and Bladder.*

Inflammation of the Reins and Bladder happens when some of the Fibres composing their Substance are obstructed and tumefied.

The Causes of it may be a Plethora or Cacoehymia, violent Motion long continued, and hard drinking of spirituous Liquors. It may also be the Consequence of Falls, Blows, a Suppression of the Menstrues, Hemorrhoids, and violent Paroxysms of the Stone.

The Signs are a heavy Pain felt in the Region of the Loins; and a Pulsation in the Parts inflamed. The Pain is encreased by Sneezing, or other violent Motions; and the Patient lies with Difficulty on the opposite Side, nor can he stand erect without great Pain. If the Inflammation continues, there succeeds Vomiting and a Fever. If the Bladder be inflamed, the Pain and Pulsation are felt about the Os Pubis, and a Dysuria attends.

The Regimen and Diet must be lenient and cooling, as in case of the Pleurisy, Quinsy and Strangury, Bleed, give lenient Cathartics, Chicken-Broth, Whey, and warm Milk; Solutions of Gum Arabic, Emulsions, and oleaginous Medicines are proper here; and Fomentations, Baths, and emollient Lenients will be of Service.

If the Pain be violent, and the Inflammation increases, give gentle Anodynes. If a Bruise or Fall have occasioned the Inflammation, give this Powder.  
R. Pulv. Rhubarb. Spec. Diatrag. Frigid. Sperm. Ceti Lap. Hibernic. a. a. Drach. ii. f. Pulvis in Partes xii. æquales dividendus. Capiat unam ter in die, cum Haust. Decoct. Peſter.

*Ulcers in the Reins and Bladder.*

An Inflammation of the Reins or Bladder may augment so as to come to Suppuration, and form an Ulcer. The Fibres of them may also be lacerated, by any external or internal Violence, or corroded so as to suffer a Loss of Substance.

The Signs here are an Excretion of Pus, along with the Urine, which lasting long, shews there is an Ulcer in the Bladder, or urinary Passages. What part is affected may be known from the Seat of the Pain, which is felt either in the Loins, the Os Pubis, or Perineum.

When the Disorder lies in the Kidneys, the Pus is more intimately mixed with the Urine than when seated in the Bladder, where the Matter is more purulent, crude and changeable. If the Ulcer be in the Neck of the Bladder, or Meatus Urinarius, sincere Pus, without a Mixture of Urine, is often voided.

In case of Ulcers in the Bladder and its Neck there is a continual Dysuria, and Pain in the Part affected; but when the Reins are ulcerated, the Dysuria and Pain attack but seldom. If the Ulcer be deep, and happen to corrode the Vessels, 'tis sometimes attended with a large Hemorrhage.

Ulcers, whether of the Kidneys or Bladder, are difficult of Cure; and all Ulcers proceeding from internal Causes are accounted dangerous, so likewise are those of long standing, and happening in aged People.

Cooling Broths or Decoctions made with *Conf. Ros. Rub. Rad. Consolid. Glycyrrh. Sarsaparil. Fot. Althea, Malva. Pasul. exaccin. Gum. Arabic, &c.* are here proper; and a Milk Diet will be of great Service, being used along with proper Medicines.

If

If the Patient be plethoric, bleed ; and next give gentle balsamic and lenient Cathartics, either by the Mouth or Glysterwise. The balsamic terebinthinate Medicines are here likewise serviceable, but omit all sharp Diuretics.

*R. Empl. Flos. Unguent. Drach. vi. Calomel. Drach. dimidium, fiat Pilula mediocres. Sumat v. bis in die cum Cochlear. iii. Solution. sequentis.*

*R. Decoct. Hord. Libras duas, Gum. Arabic. Unciam unam, Balsam. Capiv. Drach. vi. Sperm. Ceti Drach. iv. Vitel. Ovor. duor. Syr. Alth. Uncias iv. M. f. Solutio S. A.*

If a large Hemorrhage should happen, bleed, and give proper Refrigerants, Astringents and Anodynes. When the Ulcer is seated in the Bladder, use proper Injections ; but if the case be venereal, give Emetics of *Turpeth. Mineral.* or salivate.

### GOUT.

The Gout causes Pains sharp and durable. It consists in phlegmatic, saline, acrimonious Humours, carried by the Circulation into the Joints, where they overflow, being stopped by the Difficulty of passing through Places where the Channels straiten one another by their several Foldings. These Humours being collected together, swell the Fibres, tear and gnaw them ; hence the Pains.

Milk drunk as it comes from the Cow, every Morning for the Space of three Months, insensibly tempers the Sharpness of the noxious Humours by its Sweetness. Persons have been eased of the Pain by holding the Feet an Hour every Day in warm Water.

If our Digestion be good, our Blood and all our secreted Humours are laudable, we have no Cholicks, nor Pains at Stomach ; nor are we troubled with  
Winds



Winds or Fluxes: Tea then by helping that, cures these, or however is found of Benefit in them.

Gouts and Gravel are Children of Indigestion, and the early Use of Tea has prevented such Numbers of both, that every Day will produce fewer. The actual Warmth contributes to make it enter readily into the Vessels, and makes it attenuate readily.

All Nations feel the good Effects of Coffee in the Gout, Gravel, Scurvy, and hypochondriac Disease; and we need not be surpris'd at it, since these Humours do proceed from a viscid, saline, and corrosive Blood, which want to be sweetened by such a wholesome volatile Salt.

Coffee therefore is excellent against the Gout, whether it be that the Matter of this Disease is furnished by the Stomach, or from the Blood; this Liquor, that corrects the vitiated Digestion of the one, and that purifies the other, cannot fail of being proper for preventing Fits of the Gout and Gravel, and also the Scurvy, which are three great Diseases we are subject to.

Some Persons, who were of a full Habit of Body, who have been gouty for many Years, have taken to drink Coffee, and have thereby staved off their Fits by Temperance and it, for by abating their Fat, it carries off the Redundance of Humours by Stool and Urine; and a Fit of the Gout depends on a certain Quantity of depraved Humours, which are carried off by Urine.

It is certain that sedentary Persons ought to indulge in Coffee, because sitting disposes the Blood to stand still, and the Posture retards the Blood's Motion to the Legs, and as it consists of volatile Salts, it necessarily promotes the regular Circulation.

What I have said is sufficient to convince us of the Truth of its being good in the Gout especially; because they who drink only Coffee, and not strong

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Liquor,

Liquor, seldom or ever are troubled with the Gravel or Stone, the Gout or Draply.

If by irregular living you have Reason to suspect a Gout, nothing provides better against it than the Tinctura Sacra; and they who are troubled with Fits of it, may now and then make free with a little of it before a Fit, or after one.

For it either prevents its Violence, or carries off the Dregs of one. But in this case, I strictly advise those who take this Tincture before a Fit, that they also take a little Glass of Snake-Root Wine once or twice a Day, to carry the Gout down to its usual Station.

If you have Distempers that affect the Head or Joints at certain Seasons, or upon the Changes of Weather, the Tinctura Sacra just mentioned is a sovereign Preservative. And if you have any Pains that are troublesome to the Legs, as scorbutic People experience, a gentle Vomit of Green Tea ought to be repeated monthly.

*The Methods used in symptomatical Translations.*

These are termed anomalous Disorders; and when any Person has laboured under some Disease, which is relieved by a critical Effort, or however the Flux (or whatever Effort it is) becomes useful; if the Part discharging this Matter returns to its pristine Sanity, and the Matter which used to flow this way, now regurgitates into our Mass of Blood, and fixes upon some noble Viscus, then the Translation is symptomatical, and the Disease is termed anomalous. *E. G.*

If a Gout (which is a troublesome Crisis to chronic Cases, as Sweats are to a Fever) should retreat, and produce an humid Asthma, draw Blood, give Cathartics, blister the Patient, use Expectorants, and apply Synapisms to the stationary Part of the Gout. If it seize on the Lungs with a Peripneumony,

I

bleed,

bleed, blister, and give Pectorals; and lastly, Podagragogicks to expel the Gout.

If it should leave the Joints, and seize on the Stomach, exciting violent Pain, perpetual Vomiting, loss of Appetite, and nauseous Eructations, and sometimes a Sense of Cold is perceived in the Stomach, give a Mixture of *Tinct. Sacra*, *Elix. Salut. Syr. de Spin. Cervin. Spir. Lavend. Comp.* and *Ol. Jimp. gut. v.* every third Night, to remove and expel these torturing Inquietudes: Give stomachic Mixtures, and use external Stimulants. If it retreat to the Intestines, evacuate with stomachic Cathartics, and use internal and external Stimulants.

If it seize on the Brain, and form epileptic, apopleptic or lethargic Symptoms, Confusion, Giddiness or Pain of the Head, bleed, blister upon the Legs and Wrists, rub spirituous Embrocations upon the Head, use Plaisters of *Empl. Cephal. Galban. Ther. Venet. cum Ol. Succin.* to the Soles of the Feet, or bath the Feet in warm Water, and give a warm stomachic Purge of *Tinct. Rhei, Elix. Salub. Syr. de Spin. Cervin.* and *Spir. Lavend.* which will be of great Use, by discharging some of the noxious Humours, and adding new Warmth and Vigour to the Blood and Nerves.

### RHEUMATISM.

The first Cause of the Rheumatism is a serous saline Humour, superfluously abounding in the Mass of Blood, which by reason of its immoderate Copiousness and Acrimony, vellicates and corrodes the membranous and muscular Parts of the Body, and To excites sometimes fixed, and sometimes erratic Pains, in Proportion to the Largeness or Minuteness of the containing Vessels, through which this vitiated Fluid circulates.

In this Disease the Patient is afflicted with great Pain



Pain either in his Shoulders, Arms, Hands, Wrists, Knees or Ancles, in one or other of these Places. Rheumatic Pains may likewise be produced in the Viscera, and other Parts of the Body, as well as in the Limbs, and when they do so, they require the same Medicines and Method of Cure. These Pains are commonly violent, and are sometimes attended with a swelling of the Parts affected, and do often introduce a symptomatic Fever.

Another Cause which will produce a Rheumatism, is a preternatural Viscidity of the Blood, and Juices secreted from it; and this is the most durable Basis of this Distemper, for by it the Motion of the Blood is retarded and impeded, the Velocity diminished, and sometimes a partial Stagnation arises in the Vessels, or else the Quantity of the fizy Fluid is too great to pass without distending the Coats of the Veins, Arteries and Capillaries beyond their Capacity.

A third kind of rheumatic Pains is that which proceeds from Flatulencies, that is, too much Air or Wind in the Blood. These Pains may be distinguished or known from others by two Symptoms, viz. 1. By their shifting Places, being sometimes in one Part, and sometimes in another. 2. By their coming or increasing, when the Patient grows warm in Bed: By these Symptoms we may be able to judge when rheumatic Pains are produced by Flatulencies in the Blood.

There is another Species of a Rheumatism which observes a certain and constant Period in its Attack and Duration, and that is a convulsive or periodical Rheumatism, which we have often conquered by the Administration of the *Bark Flor. Camæmel.* and *Sal. Absinth.* decocted in Milk Water, betwixt the Fits, as in the Case of Intermittents; and sometimes by giving before the Return of the Fits, *Sal. Volat. Oleos.* fifty Drops in a little Mint Water, the Disorder has been cured by five or six Doses.

*A Rheumatism*

*A Rheumatism from the first Cause, with a symptomatic Fever.*

In the Cure of this Rheumatism we are to level at the Extraction of those serous saline Humours in the Blood which occasion it, without any regard to the Fever; for as the Pain abates, the Fever will diminish; for which purpose a Vomit will be of Service, to pump up the Filth from the Stomach, and pave the Way for conducting Medicines into the Blood with greater Efficacy, to correct and evacuate the superabundant and vitiated Humours; as R. *Aq. Rutæ Unciam unam, Ol. Amygd. Amar. Drach. vi. Vin. Emetic. Drach. iv. Oxytel. Stillitic. Drach. iii. Salis Vitriol. gr. x. m. f. Haustus Emeticus, bora sexta Vesperis sumendus, bibendo copiosæ Decoct. Card. Bened. vel Flor. Chamæmel. inter operandum.*

Two Hours after the Vomit has done working, give the following Draught going to Bed. R. *Aq. Laet. Aq. Flor. Chamæmel. a. a. Unciam unam, Aq. Theriac. Drachmas sex, Antimon. Diaphor. Scrup. i. Spir. Nitri Dulc. gut. xx. L. L. Syd. gut. xv. Ol. Junip. gut. v. Sacch. Alb. Drach. i. m. f. Haustus, bora somni sumendus.*

This Draught will raise a Diaphoresis, and discharge some of the morbid Matter by the cuticular Glands, as well as by Urine. Let the Patient's Breakfast next Morning be Green, Bohea, Sage or Lemon Tea; and put on clean Linen before he gets out of Bed. The Day following give this Electuary.

R. *Elect. Lenitiv. Conserv. Cynosbat. a. a. Unciam i. Cinnabar. Antimon. Æthiop. Min. a. a. Drach. vi. Milleped. pptæ Salis Prunel. a. a. Drach. ii. Salis Mart. Drach. i. Ol. Junip. Cbim. gut. x. Syr. Bacc. Sambuc. q. s. m. f. Elect. capiat quantitatem Nucis Castaneæ omni Mane, & bora quarta post Meridian.*

*superbibendo Uncias vi. Theæ tepide, Trisal. Palust. Ebula preparata et Sacchar. Albif. edulcata pro Sapore.*

During this Course eat little Flesh, and forbear Malt Liquor, and when the Violence of the Distemper begins to lessen, purge with Calomel and Pulvis Cornuchin. every fourth Day, for three Times cum Regimine; and if after this the Patient does not find a manifest Alteration for the better, let twelve Ounces of Blood be taken from the Arm.

And if the Pain rages more in one particular Part than another, apply a Blister to the Part, if it is not on the Trunk of the Body. Embrocations of *Ol. Lumbricor. Ol. Succin. Spir. Vini, Spir. Lavendul. Comp. Camphor. &c.* are proper. Or *R. Empl. de Cymia. Diach. Simpl. Galban. Colat. Theriac. Venet. a. a. P. E. Camphor. Scrup. i. m. f. Emplast. parti dolore affecte applicandum.*

*Acute Rheumatism, from an inflammatory Viscidity of the Blood.*

The Cure of this may readily be effected by diluting, refrigerating, and evacuating Remedies. Give Sudorifics, Diuretics, and Diluters to liquify the dense and viscid Particles of the morbid Humours, and force them out of the Blood by the cuticular or urinary Passages. Bleeding will be of Advantage, and Diluting is the grand Intention in the Cure of this Rheumatism.

To promote and dispel the obstructed Perspiration, and conquer the morbid Fomes, the following Bolus with diluting Liquors will be of singular Use, and of great Efficacy.

*R. Bezoar. Mineral. Laet. Sulph. a. a. gr. xii. Pulu. Rad. Serpentar. Virg. Salis Prunel. a. a. gr. vi. Camphor. Sal. Succin. a. a. gr. ii. Ther. Androm. q. s. m. f. Bolus, secunda quaque hora sumendus, superbibendo haustum*



*haustum Theæ tepidæ, Limon. & Flor. Chamemel. præp. et Sacchar. alb. edulcat.*

Continue their Use for five or six Days, 'till the Fever abates, and part of the viscid and morbid Humours be liquified and discharged by the cutaneous Passages; and even through the whole Course of the Fever drink small Teas to dilute and destroy the too obstinate Cohesion of the peccant Particles, and fit them for a Conveyance out of the Body by the Emunctories.

When the Fever is entirely gone, and the rheumatic Pains continue, these Complaints are to be treated as if they had been original without a Fever. When from an acute Rheumatism, a chronical one ensues, *Cinnabar. Antimon. and Sulph. Vivum*, are sovereign Remedies and the grand Correctors of rheumatic Impurities.

*R. Conseru Cynosbat. Uncias ii. Cinnabar. Antimon. Unciam i. Sulph. Viv. Drach. iv. Ocul. Canor. Scrup. iv. Olei Sassafras gut. x. Syr. Limon. q. s. m. fiat Electuarium, cujus capiat quant. Nuc. Castan. bis in die, superbibendo haustum Theæ Virid. vel Theæ cum Salvia præp.*

If according to Expectation the Severity of the Distemper, upon the Use of these Remedies, does not manifestly abate, bleeding to ten or twelve Ounces will very much promote the Cure, and the cold Bath last of all will be serviceable.

*Chronical Rheumatism from a cold Viscidity of the Blood.*

A chronical Rheumatism from a cold viscid State of the Blood and Juices, does frequently exert its Violence sometimes in one, and sometimes in many Parts of the Body, without any feverish Symptom. The last mentioned Medicines for the chronical Rheumatism proceeding from an acute one, are proper also in this purely chronical one.

## The CURE.

To dilute and convey from the Blood the too adhesive and noxious Particles are the two grand Articles necessary to subdue the Tyranny of this common Disturber of human Quietude ; and in order to this the following Remedies will speedily and safely contribute.

Let the Vomit and diaphoretic anodyne Draught, already mentioned, be first given. The next Night give a Calomel Bolus, and a purging Draught the Morning following, such as Sydenham's purging Potion.

When this Purge has been twice or thrice repeated, the following Electuary will very much contribute to correct the vitiated Humours in the Blood and Juices, and invigorate the languid Mass with a more free Circulation, viz.

*R. Conserv. Antibos. Conserv. Absinth. Rom. a. a. Unciam i. Sulphur. crud. subtilissime pulveriz. Drach. vi. Mars cum Tart. pp. Drach. ii. Z. Z. in India condit. Drach. ii. Ol. Junip. gut. vi. Syr. Violar. q. s. f. Elect. Cap. quant. Nuc. Castan. omni Mane, et hora quarta post Meridiana, superbibendo Uncias sex Infus. Salviae vel Dec. Lign. Sassafr.*

Two Spoonfuls of the following bitter Chalybeate Infusion, an Hour before Dinner, will help to promote the successful Operation of these Medicines ; and the same may be repeated at any Time when faint or low spirited, or in Loss of Appetite, not only in this but in many other chronic Cases.

*R. Decoct. vel Infus. Amar. Libras ii. Tinct. Mart. Mynsich. Drachmas iv. M.* If the Body be not soluble add *Elixir Propr. Tart. Drachmas ii.* In Loss of Appetite, Indigestion, Faintness, or low Spiritedness, give two or three Spoonfuls in a Dish of Tea.

After

After the Electuary and Infusion have been used for ten Days, open a Vein ; and if after that the Pain continues violent, apply a Vesicatory to the Part, which is sometimes used with Success. Lastly, the cold Bath, or bathing in the Sea, will be beneficial.

*Pains to alleviate, with the Virtues of Opium.*

Opium appeases Pain by relaxing the Fibres, so that they can hardly admit of being further relaxed, and then no Stimulus or sharp Thing can make the Nerves tremble, without which Motion there can be no Sensation : The Sense of Pain cannot be more sharpened than by sharp Particles insinuating themselves between the Interstices of the Fibres, where, being put into Motion, they heat and cut asunder wherever they are fixed.

Now Opium retards their Motion, blunts their Edges, and relaxes the Fibres, so that the Effects of these acrimonious and pungent Bodies are prevented, and no Pain ensues ; nay, Bodies that are sulphureous and smooth are always observed to abate Pains, to blunt the Fierceness of Salts, as well within us as without us, as is seen by Experiments ; for we observe so sharp a Salt as Spirit of Nitre to be sweetned, and its Sharpness to be abated by Spirit of Wine.

And Practice makes us know, that these Bodies that are oleous and viscous do obtund Pains in the Ears, Teeth, and elsewhere ; with this Difference, that Opium ceases to act in six Hours, but acts more quickly, whereas all the Obtunders act very slowly and gradually, but then they keep the Ground they gain.

Another general Effect Opiates have, is to cause Sleep, where excessive Watchings cause Pain ; or on the other Hand, where Pain causes Watching, by the



Sharpness of the Humours, or excessive Motion of the Spirits; Opium by taking off the one, the other ceases of Course.

For it obtunds and checks any excessive Hurry of the Spirits; sometimes it eases Pain, when it does not cause Sleep, because Sleep proceeding from the Hurry of the Spirits being allayed, the Pain may be appeased, and yet the Hurry may not be quite allayed.

Opium is greatly used in stopping all Secretions; for it appeases Irritations, and most Discharges are produced from that Head; from this Quarter happens it, that Defluxions in Coughs, and Bleedings do attack us, and for the same Reason does it stop Fluxes of the Belly.

It is looked upon as a Provoker of Sweat, because it takes off the spasmodic Contractions, opens or relaxes the Pores, so that the most minute Passages being opened, the Steams find an Exit, and then the volatile Parts it contains excite a brisker Motion in the Fluids.

It is commended, as of certain Benefit to Diseases of the Head, arising from a furious Motion of the Fluids there, and therefore it is constantly in Use in Phrenzies, Madnesses, and the like Cases; and it cures, as well as prevents Epilepsies, if joined to Cinabar of Antimony.

It is an excellent Remedy for convulsive Pains of the Belly, and hypochondriac or hysteric Fits, and it is highly in Use in Hickups, to which it is almost a present Relief, because it composes the irregular Hurry of the animal Spirits, and obtunds the too great Sensibility of the Parts; and it relieves Pain of any Kind, such as those of the Kidneys, Joints or Feet.

It ought to be used in all epidemical Fluxes, whether of Blood by the Nostrils, by the Lungs, the Stomach, the Intestines or the Womb, or of any other Juices that flow forth; It stops Vomitings,  
Fluxes

**Fluxes of the Belly, bloody Fluxes, and excessive Purgings.**

It is good in Catarrhs, dry Coughs, which proceed from a sharp and saline Humour; nay, it is even good in any sort of Fevers, to allay Anxieties and Restlessness, and to procure Sweats, if it be judiciously administered.

It is often used join'd with Physick, because it appeases Pain, and then carries off the Cause of the Disorder; but whenever Opium is mix'd with a Purge, the Dose of the purging Medicine must be augmented to at least a quarter Part more than usual, because the Opium would otherwise blunt the Physick, and it would be a Question whether the Physick could work at all. We use it also outwardly to appease Pains, but it is not to be used promiscuously, Caution is required in its Use. As to its Virtues, it is binding, it gives Sleep, eases Pains, and provokes Sweat.

In acute Diseases, if it be used, it ought to be in the Beginning or Increase of the Disease, whilst the Strength of the Patients, and all their animal Faculties are in good Plight; while the Pulse and Respiration do mutually correspond with each other in an uninterrupted Manner. Opium is a good Medicine and convenient; but if the State of the Disease, or a Crisis approaches, it ought not to be administered.

We must have a principal Regard to each Person's Constitution, unless we have a Mind to mow down Patients; for where there is a Viscidity in the Humours, or a want of Juices, we must be sparing in its Use, because the animal Spirits are few in such Patients, and they go off asleep.

Wherefore in Apoplexies, Lethargies, Palsies, and in Diseases springing from a gross Matter, in Difficulties of Respiration from Phlegm, in a Dropsy of the Breast or Belly, and such like Oppressions, we must avoid its Use.

In

In cold Diseases, where the Pulse is weak, and a Heaviness of Head afflicts your Patients, it must be forboren, because such People rarely have any acute Pains on them; but if they should, then a small Quantity may be afforded: Opium is not to be used in Obstructions of the Belly, or in Costiveness.

Nor in Suppressions of Urine, because it blunts all Irritations whatever; wherefore among so many excellent Drugs as are found in Use among Physicians, Opium may justly claim the Preference over most of them: It is a Panacea for Numbers of Diseases, performing Wonders in Mankind.

Opium therefore is not to be rejected, because it is found to stupify, when there is an absolute Necessity for a Patient to be void of Sensation for a while: Pain is a Circumstance, that obliges us to stupify or to suffer our Patients to die; it must follow therefore, that they who decry Opium, must have erred in giving it in too large a Dose, or in a Disorder that could not bear its Use.

Barley Meal made into a Poultis or Plaister, with Vinegar and black Pitch, is used for Pains of the Joints and Defluxions upon them; for then it sticks close to the Part, and serves as an Interceptiv or a Straitner of the Vessels, which being too wide, give way to a settling of Humours upon them. This Meal with Oxymel abates Pain and allays Inflammation.

*How to cure frozen Parts, and frozen Fruit.*

It frequently happens in severe Frosts, in Denmark, Norway, Sweden and Muscovy, that People's Extremities gangrene and fall off, with the Excess of Cold, or however, the Parts are often benumb'd with the Cold; the first Effect is produced in the Fibres, and the Continuance of it propagates its Consequences into the Blood.

Water



Water takes out the Frost from Bodies ; and for this Reason it is agreed on by all Practitioners, to plunge the benumb'd Parts into cold Water, before you approach the Fire, or before you bathe the Parts with hot Stupes.

From all which it appears, that Parts freeze from some sharp pointed Particles, like Daggers entering the Pores and Skin, and cutting off all Communication between the Vessels every where, which also at last affect the Blood, and congeal it.

If then these Particles be saline, they will be dissolved in Water, as all Salts will ; we must then be convinced they are saline, because Water dissolves them, and when they are dissolved and washed off, then is it safe to approach to the Fire.

But not till they are dissolved by Water, because Fire gives Motion to these Salts, and they tear all asunder where they are fixed : By this Reason some Appearances are easily solved, which otherwise would remain a Secret.

We find upon a severe Cold seizing on our Fingers, that as soon as we come near the Fire, and grow warm thereby, our frozen Members begin to swell and to tingle, and even smart violently, if no further Damage ensues : Now the Fire is so far from melting down these hard Salts, that it exhales their Moisture, and makes them much harder and more rigid.

It also gives Motion to them, so that they are tossed on all Sides, and tear, or at least press sharply upon the Fibres, and give such exquisite Pain, as to draw the Humours forcibly thither, and so heave up the frozen Fingers or Toes into a large Size.

Therefore if these Salts are first dissolved by Water, all the Inconvenience is prevented, you may presently approach to the Fire, or use warm Cloths to the Parts, and they will recover : This Property of Water is evident in frozen Rivers, where as soon

as Rain bedews them, the Frost disappears in an Instant, and the Ice melts into its former Shape.

In the Northern Countries they cover the frozen Members with Snow. A Man half dead with Cold has come to himself again, by having been plunged into cold Water, and then put into his Bed, where by the Means of a diaphoretic Draught, he was thrown into a gentle Sweat.

Put Fruit that is frozen into cold Water, in a Place a little warm; the cold Water reestablishes them in their former State, by putting their Particles into a moderate Agitation.

They would spoil near the Fire, because the Fire which would melt their frozen Juices too suddenly, would at the same Time bruise the Fibres, change them, and by that Means render the Fruit insipid.

*Critical Swellings, Boils, Buboës, and Apostumes.*

Buboës arise (in malignant Fevers, or the venereal Disease) as often as the vicious Blood stands still in the Glands of the Groin; and I conclude, that this is the Cause, because any Bubo that is not fixed may be discussed or dissipated, which could not be if the Blood were extravasated; but the original and prime Cause of such an Inflammation, must be sought for in Cold, which, as in a Catarrh, straitens the Part affected;

And so hinders the Circulation of the Fluids into or through the particular Part, or even fixes stimulus or sharp Points into the Fibres; so that when we hear the Patients complain, that they have got Cold in such a Part, they must be understood in one of these Senses, that is, that the Part where they got Cold is either straiten'd or stimulated, both which Cases are attended with dismal Consequences.

If the Blood so stagnates as to be impassible, it breeds an Impostume, which happens from the Blood  
and

and Glands being at one and the same Time in Fault; the first by its Grossness and intestine Motion, and the latter by its Straitness. This intestine Motion is raised from hence, that inasmuch as by the close Friction the Parts which are united are separated, they begin to heat and swell, and turn at last into Matter.

The Pain is a necessary Concomitant of Suppuration, because the Salts are extricated, and they stimulate the Fibres into lively and troublesome Contractions, which therefore must be milder or stronger, as the Salts are stronger or weaker; and therefore does the Inflammation, as it partakes of Salts, become either mild or fierce:

So that either the Inflammation approaches to a true Inflammation, or to an Erysipelas, when the Humours are very acrimonious. Wherefore the volatile and acrimonious Salt swimming in the Lymph, enters into the Glands, pierces them, and occasions Irritations, Pains, Swellings, Inflammations, and at last Impostumations.

If you have a Patient that has been sick of a malignant or pestilential Fever, and the Fever turns into a Swelling which inflames, this Swelling being critical, as Physicians call it, or useful to carry the Fever out of the Blood, it should be encouraged, and broke as soon as may be.

But in all inward Inflammations, as in the Stomach, Guts, Pleura, Lungs, Liver, Kidneys, &c. these are never to be broke, but dispersed, if possible, by a low Diet and plentiful Bleeding; therefore Panado's, Water-Gruel, thin Broths, Emulsions and Ptisans must be their Diet and Drink, to prevent an Abscess, which seldom can be cured.

*Directions for opening Abscesses.*

When you would open Abscesses or Apostumes,  
always



always open lengthways of the Muscles; for Example, in the Head according to the Hairs, in the Palpebræ, transverse, in the Temples, Nose, Neck, Breast, Back, Arms, Legs and Joints, lengthways; in the Inguen not deep; on the Side of the Belly, obliquely; on the Middle of the Belly, lengthways. Take Care of a Nerve, Tendon, great Vein or Artery.

The Aperture is to be made where Suppuration is not expected, where the Matter is corrosive, and is apt to corrupt the Bone or Tendons, where it lodges on a noble Part, where it is near the Joint, and where it is a critical Abscess. In large Apostumes the Caustic is better than the Lancet, and most advantageous, and there will be no Occasion to cram in Tents or Dossils to keep the Lips of the Wound distended.

#### *Ulcers with Inflammation.*

If an Ulcer, by any external Accident, has been much irritated, even so far as to raise a violent Inflammation around it, the Remedies intended for the Ulcer avail little to this new Accident, which must first be attacked by Remedies proper for the Inflammation; and when that is relieved, and not 'till then, will the Cure of the Ulcer go forward.

The Flower of the common Beans boiled in Water, up to the Consistence of a Hasty Pudding, and mixed with Vinegar, a little Grease, and apply'd warm, is an excellent Cataplasm against Inflammations from Wounds, or in the Breasts, Testicles, or any Part of the Body.

#### *Tendernefs and Weaknefs how helped.*

Feeling Cold is a Sign of Weaknefs: It is usual with weak Persons to feel every Alteration of Weather; their Fibres are too high strung, and the least Stroke of Air upon them makes them move and shiver.

shiver. Such People are as impatient of Heat, as they are incapable of bearing Cold; the true Reason of which Appearances is seated in their Fibres.

And there is a short and easy Method to harden such tender Constitutions; they need only to bathe in cold Water, and their Tendernefs disappears; but then they ought to advise with proper Persons before they attempt Bathing; for where the Lungs, or any of the Bowels are unsound, it is dangerous.

This Tendernefs is generally the Condition of the Gentry, and of such as indulge themselves in all the Softnesses their high Circumstances can afford them. They eat the tenderest and sweetest Diet; they lye in Down, and cover themselves warm, and relax their Fibres by forcing Discharges by the Skin, and then wonder how they come to be so tender, that they cannot peep out for Cold.

It must be as great a Discretion if the Physicians forbear Smiling, when their Patients, under the above-mentioned Indulgencies, ask them how they come to be subject to Defluxions and Rheums; as if a Man who had drank plentifully of spirituous Liquors should wonder how he came to be drunk. They who make use of the Means, must wait for the Effects to follow of Course.

#### *How to preserve Health.*

If you would preserve Health a long Time in this Climate of ours, you ought to take Physick or a Vomit whenever you find your Stomach loaden, and that is easily discovered, because you will find a Fullness at Stomach, or you will be more costive than usual.

In the first Case, take a little Green Tea, infuse it in warm Water, and drink plentifully of it, till all the Slime be got off your Stomach. There is this Conveniency in such an easy Remedy, that as soon

as you leave off drinking, you cease to vomit; and in the other Case, if you go more sparingly to Stool than usual, then will you be troubled with Cholicks.

And to avoid this, as also to assist Nature in her Duty, you may take one Ounce or two of the Tinctura Sacra, which is the best and easiest, as well as the gentlest Physick that can be taken, for it is an agreeable Bitter, and never gripes. This Method takes off all Fulness of Humours, and prevents a great many Disorders.

In moist Weather our Diet ought to be dry; for drinking, especially weak Liquors, heaps up too much Moisture, and both our Concoction and Juices will be too watery; whereas Moisture shuts our Pores, and we retain above half of the Steams we should exhale; to balance which, we ought to drink less.

And moreover, we risque Defluxions and Coughs, for in moist Weather we weigh heavier, and this we are sensible of by complaining of a Drowsiness in such a Season: This Complaint then is but a Consequence of our Pores being stopt, and is an Argument of our Weight increased.

Diet must be opposed to our sickly Constitutions; therefore a hot Diet must be given to phlegmatic Persons, a cool one to choleric and warm Bloods; and for this Reason a loosening Diet must be made use of by the costive, and a binding Diet to such as are apt, upon all Occasions, to be loose.

A thirsty Constitution should forbear hard Labour as well as flesh Meat, and should gratify their Thirst with Water and Wine. Labour forces off all thin Humours, and makes the remaining glueish and clammy, and Flesh becomes Jelly at last: Upon these Accounts we have nothing to do but dilute, if we will continue this Method.

And all the World knows what Mankind do by putting a Stress upon Nature; this is erring for the sake of mending; it is expected that Reason should  
get



get the better of our Appetites, if we would aim at long Life. How can a Method of Life please such, who know that the Consequences will be a Dropsy ?

If you eat much, you must work or exercise much ; and if you use much Exercise, you must eat heartily : Eating without Exercise is cramming, and it is like fatting for the Shambles ; for we must fall a Sacrifice to Excess, and die with Fat: As Exercise then without Victuals will consume you, so Victuals without Motion will fill your Veins with gross Humours.

Learn to know your Constitution ; all Men know in Time what they can bear, a great many Things we like which don't agree with us, and others we are indifferent for agree well enough ; the same should be observed in Physick as well as in Diet: Short Necks can't bear Vomits ; fat People rarely bear Bleeding well.

And you ought to know this for your own Good, because if ever you are seized with a Fit of Sicknes, you must give a perfect Account of this to your Physician, who will discover great Things by it ; many Drugs may be proper for your Disease, that will not agree with you, and if you have not observed this, he may do you Harm without his Fault.

The Air, the Diet, the Exercise, the Sleep of Mankind, the Passion of the Mind, are so to be managed, as to contribute to make our Solids and Fluids to have an exact Poise: If our Fluids be too moveable or too sluggish, then they will bring on Fevers or Ill-Habits ; and if our Solids be too strong or too weak, they will either drive all the Fluids into Air, or make a Paste of them.

It is therefore convenient for those that will be sure of this Medium, to consult every now and then, while they are seemingly in Health, their usual Physician, who out of Friendship will not fail to advise proper Changes, and lead them by the Hand into a healthful old Age.

## Of POISONS.

Some Poisons are corrosive, some cause Obstructions, and others bring on Death by a calm Sleep, as the Venom of that sort of Asp with which *Cleopatra* was bit.

The first are probably compounded of sharp, solid and cutting Parts; the second of more gross and stony Parts, and the other of viscous Parts which deaden the Action of the animal Spirits.

Ligatures, Incisions, Caustics, Vomits, Oil-Olive, hot Water, Venice Treacle, Juice of Lemons, and Baths, are all proper Remedies against Poisons, and the Bitings and Stingings of venomous Creatures.

If any one has eat too many Mushrooms, and is thereby blown up at the Stomach or breaths very short, or any other Damage should ensue, a Vomit ought to be taken, or a little Physick to carry them upwards and downwards, and then fixed or volatile Salts, or Wormwood Wine should be taken to prevent their Consequences.

Pepper is necessary to be taken to correct the Thickness of the Blood, which is occasioned by these poisonous Products of the Earth, (Mushrooms) they springing out of rotten Threads of Plants: Nay, in case Opium should produce any ill Effects, Pepper is a proper Drug to insist on against its Inconveniences.

There are Berries which Children are often deceived with, and which are beautiful and pleasant; they are the Berries of Night-Shade; they are poisonous and make them rave: When you have vomited these up again, if Help is called time enough, give them Pepper in all they take; it corrects the bad Effect of the Berries.

*Bite of a Viper or Adder.*

The Bite of a Viper is cured, 1. By a Ligature ; the Ligature hinders the Poison from spreading.

2. By opening and immediately applying the Animal to the Bite. The Poison, which meets with some Obstacle in the Wound, and an easy Retreat into the Pores of the venomous Animal, returns thither.

3. By the Heat of a red Iron, which is brought within a certain Distance of the Wound. The Heat attenuates the Poison by its Action, and dissipates it ; and it is exhaled the more easily, because the Heat drives away the Air from about it.

4. If the Poison of the Viper has had time to spread itself and prevail, one may eat the Heart and Liver lightly broiled. They absorb the Poison, and dull its Action by receiving it into their Interstices.

*Bite of a Mad Dog.*

The Bite of a mad Dog is an envenomed Spittle, compounded of subtle, solid, fiery, saltish, inciding, corrosive Parts. Dogs are more subject to this Distemper than other Animals, because they never sweat ; their Blood being through the want of Sweat far from purifying itself, is charged with gross and heterogeneous Particles, which fermenting infest the Spittle, and cause Madness.

This terrible Malady is accompanied with a strange Thirst, and an Hydrophobia or an invincible Aversion to Water. This Liquor probably augments the Pain of the distempered Person, by agitating the venomous Salts with which the Throat, Oesophagus, and Stomach of the Patient are impregnated.



When one is bit, the poisonous Spittle of the mad Animal flows in the Blood. Then Ligatures, Scarifications, Cauteries, and repeated Bathing in fresh Water, but above all in the Sea are effectual.

When we make a strait Ligature above the Wound, suppose the Arm or Leg, it puts a Stop to the Circulation, and therefore the Poison cannot spread.

When we scarify so as to lay open the Flesh round the Wound, we turn aside the Spittle from the Vessels, and give it a Passage to issue out with the Blood.

When we bring a searing Iron near the Wound, and hold it there as long as the wounded Person can bear it, the Agitation of the igneous Particles attenuates, expresses, and dissipates the venomous Parts.

Baths cause Evacuations by the way of Urine, which carries off the Poison. Besides these Remedies give Courage, and banish Fear, which may contribute towards corrupting the Blood.

The Decoctum *ad Morsum Canis Rabide Bateana* is admirable, so as to prevent the ill Effects of a Bite; but if the least Symptoms once appear, I fear all Remedies will come too late.

#### *Contagious Distempers.*

If we design to avoid malignant and epidemical Fevers, we must study to amend the Fault of the Air by external Steams; we must dilute much and obtund; our Diet should consist of mealy, mucilaginous Victuals and Drink, such as Rice, Wheat, Oil, Milks, and the like; we should manage moderately as to Exercise, Sleep, Passions, and our Secretions, to incline towards a free Perspiration, to make Nature answer once a Day, and to live chearfully.

Thus

Thus far may we prevent or cure malignant Fevers by the fix Non-Naturals ; wherefore when such malignant Fevers reign, and you are apprehensive that you may be seized, take gentle four Things moderately, such as Apples, Currants, Oranges, and such like, that the Blood may not rise into Effervescences. A Spoonful of Vinegar taken every Morning corrects sharp and hot Choler, and is of great Use.

Lastly, to preserve your self from contagious Distempers, do not swallow your Spittle, for the Poison is attached to it. Cinnamon being wore upon the Stomach is a good Preservative against Contagion. A Dram or more of Mithridate taken every Morning is an excellent Preservative ; so is Rue and Walnuts beaten together, and the camphorate Electuary in *Quincy*.

An excellent Preservative against Distempers in general is a regular Diet, with a pleasing Tranquillity, and a moderate Exercise of the Body. Exercise prevents and dissipates noxious Humours : And doubtless, the Care of Life ought to exceed that for our Estates ; of all Possessions, Life being the most valuable.

The chief Preservatives against all Distempers to which we are subject, are Temperance, Air, Diet, and well chosen Exercise, with suitable Evacuations ; and as these Things will continue the Balance of Health in an *Æquilibrium*, the contrary must destroy it. By these Rules, strictly observed, the first Fathers of Physick, both of *Greece* and *Rome*, effectually vanquished Distempers, ignorant as they were of Natural Philosophy, the Animal *Œconomy*, Pharmacy and Chymistry.

*A palliative Cure.*

The primary Distemper is always abated, by mitigating the Symptoms thereof; therefore whatever removes the Symptoms, almost at the same time relieves the Distemper; now the chief of these are Thirst, Watching, Pain, and fainting Fits.

Thirst, occasioned by the Driness of the whole Body, is abated by frequent plentiful Drinking of a thin, watery and mealy Liquor, made grateful by something acid; also by a thin Decoction of Barley, Oatmeal, Bread, Whey, thin Veal Broth, small Beer, Sage Tea, with Juice of Lemon, Lemon Tea, a Decoction of Apples, or Cyder Whey; and lastly by Baths and Glysters.

Thirst, occasioned by the Driness of a particular Part, as of the Mouth, Tongue or Gullet, is appeased; first, by the abovementioned Means; secondly, by Gargarisms, and often washing the Mouth; thirdly, by opening the Glands and Passages by Fomentations that are relaxing, moistening and aperitive.

Watching, occasioned by too much Driness, is altered by Food, Drink, and Bathing with emollient and relaxing Things, as Mallows, Henbane, Lettice, &c. if it proceed from Sharpness, that is to be corrected; if it arise from too violent a Motion of the Humours upon the Brain, the Cure is performed by Derivation, Baths, and Blisters applied to the lower Parts; and at the same Time, Repellents applied to the upper Parts, as Vinegar, Oxycrate, *And. Ung. Populn.* But if Watching principally proceeds from too great Motion of the Spirits, give Opiates, evacuating and diluting Medicines having first preceded.

Pain, as a Symptom, is eased, first, by diluting and correcting what is sharp, with a warm Decoction of  
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the Grains, Fomenting, and Baths of warm Water; secondly, by diluting and resolving Obstructions the same way, and resolving Medicines; thirdly, by relaxing the Nerves with Drinks and Baths made of moistening, softening, and anodyne Medicaments; fourthly, by blunting the sharp Humour, and relieving Obstructions from too much Pressure of the Humours; lastly, by dulling the Sense, by Narcotics externally and internally.

Fainting Fits occasioned by stagnating Humours, or violent convulsive Cramps are removed by diluting and relaxing: But if they proceed from sluggish Spirits, stimulating Cordials are to be made use of; If from too much Evacuation, the Vessels should be filled; if from hystERIC Fits, fetid antihysteric Medicines must be employed.

'Tis now full Time to close this Work, which I shall do with the following Words:

*Blessed be the Lord God for ever and ever; for Wisdom and Strength is his.*

*For of Him, and through Him, and to Him, are all Things, to whom be Glory for ever. Amen. Rom. xi. 36.*



A  
T R E A T I S E

On the various Kinds and Qualities of

F O O D S :

With an ESSAY on

SICKNESS and HEALTH;

A N D

RULES to preserve the Body to a good  
O L D A G E.

To which is added,

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By *WILLIAM FORSTER*, Physician.

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MDCCXLVI,



# THE ARTS

On the various kinds of Colours of

## FOODS

With an Essay on

### Sicknesses and Disorders

AND

Rules to preserve the Body in good

## OLD AGE

By Thomas Sydenham

A Commentary on the Works of the Author

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THE END

T H E  
P R E F A C E.

**A**N animal Body would be little better than a Clod of Earth, were it not for the vast Variety of Action it is enabled to perform ; and this it does by Means of an infinite Number of small contractile Fibres, which in every Contraction and Distraction, which are Millions in a Day, by their Attrition one against another, file off from one another vast Numbers of little separable Parts, by which the Fibres daily grow weaker, and would soon be unfit to perform their Function, were they not as constantly repaired as they are diminished. And whenever the Fibres are in a State of Relaxation, their Pores being opened, then are they in the fittest Condition to have new Matter, by the Force of the circulating Humours impacted to them ; and in this Condition are the Fibres when the Animal is asleep: So that as Waking is the Time of Spending, so is Sleeping the Time of Recruiting. Hence, by the by, we may observe the Necessity of Sleeping.

Now 'tis our Food, whether fluid or solid, that furnishes us with this Supply ; and all that is necessary to qualify it for this Purpose, is only that it be by the Force of the Stomach and Lungs, divided into Parts small enough to enter the Poruli of the decayed Fibres.

Hence

Hence we may deduce the Necessity both of taking in-Food, and also of the Circulation of the Blood; for if either of these were wanting, there would be no Means left of repairing the Loss the Fibres sustain by their daily Contraction.

Now that we might not neglect a Supply so necessary to the Preservation of our Bodies, the bountiful Author of our Being and Happiness hath furnished us with two Appetites; the one to Solids, which is called Hunger; the other to Fluids, which is called Thirst: What they are, is better known by Experience, than by the best Definition; and as they are a Stimulus to the gratifying of Nature's Cravings, so would they be the surest Guides, both as to the Quantity and Quality of what we either eat or drink, were it not that most Men have vitiated and debauched them by Irregularity and Excess.

And, in general, so much may we eat or drink, till Hunger and Thirst be no longer troublesome to us; for whenever we exceed these Bounds, we sow the Seeds of various Distempers; but yet, as *Hippocrates* tells us, the Consequences of a slender Diet "are more fatal than of one that is more plentiful; " for the Damage of a more full Diet is soon remedied, either by Exercise, or gentle Evacuations; but the Decay of Strength, the natural " Consequence of too spare a Diet, is not so easily " repaired."

Though People, who live of a spare Diet, are unfit for the Fatigue of Business, or any hard Labour; yet such People, if their Exercise be not too great, live longer than those of a robust Constitution; and it is observed, that Men of a pale Complexion live longer than those who have one more florid, and with a low Pulse, than with one that is strong: The Reason is plain, for the Humours of the last Sort are more volatile, and so more susceptible of any Impression from external Agents: Their Solids also,  
being



being more tense and rigid, will, upon all Occasions, make their Vibrations more quick and strong, and so dispose the Body to all Sorts of inflammatory Distempers; besides, being more subject to break by their greater Tensivity, they will be liable to a more speedy Decay by their greater Motion,

The Healthful require more Food than the Sickly, as the Strong do more than the Weak; for the more we nourish distemper'd Bodies, the more Damage we do them; and yet some Distempers require a nourishing Diet; as, the hypochondriacal Disease, a beginning Dropsy, and in all Cases where the Pulse is preternaturally weak and slow, provided Exercise be not neglected at the same Time; a spare Diet is more proper in acute Diseases than chronical, and it must be more slender, when the Disease is at the Height. As to the Quantity, take the following Rules.

The Quantity is always too much when it so distends the Stomach; as *First*, to cause Uneasiness, and then by pressing upon the Diaphragm, and the descending Trunk of the *Arteria Magna*, and the ascending Trunk of the *Vena Cava*, to give a Difficulty of Breathing, and obstruct the Passage of the Blood through these Vessels, and thereby forcing a greater Quantity than ordinary into the Head, so distends the Arteries, as in a great Measure to obstruct the Passage of the Spirits through the contiguous Nerves, by which the Man becomes listless and sleepy.

*Secondly*, a Man in perfect Health ought always to rise from the Table with some Appetite. And *Thirdly*, if either the Body or Mind be less fit for Action after eating, than before; that is, if the Man be less fit either for Labour or Study, he hath exceeded in the Quantity.

Though compounded Food be very delicious, and better fitted to gratify the Cravings of a luxurious Appetite;

Appetite ; yet it is seldom or never so wholesom as that which is more simple, provided it be of easy Digestion : For the different Degrees of Cohesion there are in the Ingredients of made Dishes, must needs make the Digestion, or in other Words, the Dissolution of our Food into such Parts as are small enough to enter the Lacteals, more difficult.

Hunger, as all uneasy Passions do, puts all the Body into a contracted State, as eating on the contrary relaxes it ; and the Relaxation is always proportionable to the Pleasure of eating, and this in Proportion to the Hunger ; so that those who fast till they be the most hungry, as their Vessels are thereby the most contracted, so will they upon eating be the most relaxed.

And it is certain, that upon this greater Relaxation, when the Stomach is crammed with Meat, it is less fit for Digestion ; for the Force of the Stomach upon a little, is greater than it is upon a greater Quantity of Food, and therefore a great Quantity is more difficultly digested than a little, and the Fibres being weaker by Relaxation, is even unable to digest a moderate Quantity ; and for this Reason it is, that a healthful Man ought to rise from the Table with some Appetite.

Thus, by the supposed Relaxation, the Digestion being weaker, the Chyle will be more viscous, the Motion of it through the Duodenum slower, and the Orifices of the Lacteals wider ; upon all which Accounts, a more viscid Chyle will be carried into the Mass of Blood, than what is fit for Nourishment.

This greater Quantity of Food, when it is well warmed in the Stomach, will swell and rarefy itself, and that the more too, because the relaxed Fibres of the Stomach are not able to resist it, and so cause a windy Distension of the Stomach with some Uneasiness ; whereby Perspiration is suppressed, as well as by an empty Stomach, which is more or less inconvenient,

venient, though Custom may make it undiscernable.

Therefore, eating much at a Time, and but once a Day, may shorten a Man's Life; for a great Quantity of Chyle being poured into the Mass of Blood, at once, and that but seldom, must needs make a great Alteration in the Body, and put the Instruments of Sanguification more upon the Stretch, than when a little Quantity is poured in more frequently.

The Time of eating ought to be such, that the former Food may be digested before more be eaten; and it should be also at such Distance from Bed-time, that Digestion be nearly finished before we sleep; for the Preparation of our Food by the Stomach, and the Application of it to nourish the Body, are Actions so vastly different, that they are inconsistent one with another: Digestion is performed with Contraction, as Nutrition is by Relaxation, so that the Food should be digested before the Fibres be relaxed, in order to their Nourishment; besides, sleeping immediately after eating, as it makes a more viscid Chyle, so does it derive more of it than ordinary into the Mass of Blood, through the enlarged Orifices of the Lacteals, and will produce all the ill Effects that we may expect from the Blood when too viscid.

As to the most seasonable Times of eating in general, they are about three Hours after rising in the Morning, and about four before going to Bed, as appears by comparing several Aphorisms of *Sanctorius*; viz. 57 Sect. 1. "He who takes his Refection during the Hours of greater Perspiration, such as are those of the Morning, is highly injured; because, presently after Meat, Perspiration is extremely diverted." And *Aphor. 28. Sect. 4.* "Sleep about four Hours after Meat is best, for then Nature is least employed about the first Con-

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" coction;



“coction; it better recruits what was lost, and  
 “more promotes Perspiration.”

The Body upon waking, being put into a contracted State, if there be any Remains of the last Meal, either in the Stomach, or not sufficiently attenuated in the Veins and Arteries, or adhering to the Orifices of the excretory Vessels, will, if not disturbed by eating or drinking, so increase the Celerity of the Blood's Motion, and the vibrating Force of all the Vessels, as both to digest the remaining Food, attenuate that which is too viscid, and expel that which lies at the Orifices of the Glands; and when these Ends are once compassed, then it is the fittest Time to eat again, and this commonly happens about three Hours after rising; Perspiration (being the most plentiful two Hours after sleeping) ought by no Means to be diverted by eating: So that we ought not to eat till after this Time; though it is true that the Difference of Constitutions, together with the different Way of living some have from others, make some Alteration in this Respect.

If we go to Bed before our Meat be digested, the Stomach will be disturbed in the Performance of its Office by that general Relaxation that will happen upon sleeping; whence Crudities will be heaped up in the Body, and cause various Disorders.

The Times of eating should be different to those that drink a Bottle every Night; for their Victuals ought nearly to be digested before they drink, or else their Suppers ought to be very slight, and of such Food as will easily digest.

Gluttony, in regard to its Frequency and pernicious Effects, ought to be placed foremost of all the Antecedents to both acute and chronic Diseases. The bad Consequences of this Vice are so very obvious and plain, that they have been remarked in every Age, to produce Legions of Illnesses. *Solomon*

*mon* admonishes us thus: "Be not greedy in thy Banquets, and give not thyself over to Meat; for in much Meat there is Sickness; and Greediness will turn to Choler: Many have died through Fulness, but he that is temperate lengthens his Life." *Hippocrates* also cautions us against Excess, after a very particular Manner: "He that studies his Health (says he) must not over-fill himself with Meat, nor be idle and lazy;" and *Sanctorius*, in his admirable Aphorisms, takes a deal of Pains to discover to us the fatal Effects of Gluttony; "They need not fear any Distemper who diligently take Care that they be not over-charged with Crudities."

Proper Food, or Aliment, is requisite to Health; for since there are continual and considerable Expences from the Blood, it follows, that the Body cannot long subsist, or be in Health, without proportionable Supplies of Nutriment.

But Care must be taken that it be not too strong (*i. e.* whose Parts are not easily reduced into a chylous Substance, by the dissolvent Fluids) it will oppress the Stomach, create Loathings, and become a crude indigested Mass, and will fill the Blood with a viscid or acrid Chyle, and disorder the Head, sink the Spirits, and obstruct the excretory Passages, and cause a Repletion, and may bring on various Diseases; and therefore it is of pernicious Consequence to sick People.

There is a great Variety of Foods for the Supply of our Occasions; but as the several Sorts of them have different Qualities, so they tend to produce different Effects on those that feed on them, according to their peculiar Properties, and the Quantities of them that are indigested; which Effects, by immoderate or too long Use of any particular Kind, may bring on some Disease or other.

June 31, 1745.

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# T R E A T I S E O N F O O D S, &c.

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## C H A P. I.

### *Of the Various Kinds and Qualities of F O O D or A L I M E N T.*

**M**OST Sorts of Food or Aliment may be reduced to one or other of the following Classes; viz. 1. The SALINE. 2. The ACID and ACESCENT. 3. The ALKALESCENT. 4. The VISCOUS and GLUTINOUS. 5. The OLEAGINOUS. 6. The ACRID AROMATICK. 7. The SPIRITUOUS. And, 8. The AQUEOUS.

1. The saline Food (*e. g.* Salted Beef, Pork, Hams, Tongues, pickled Salmon, Herrings, &c.) too much used, will excite Thirst, produce a saline Acrimony in the animal Fluids, hinder Nutrition, whet and wear the Solids, occasion gnawing Pains, and a scorbutic Habit of Body: They that live on salt Food should make Water their Drink, which easily dilutes the Salts and renders them passable through the excretory Vessels.

2. The



2. The acid and acescent Foods (*e. g.* acid and acescent Herbs, Summer Fruits, Vinegar, Milk, Bread, &c.) if used too much, will too much encrease the Appetite, and at the same Time enervate the Bile, divide or dissolve the Blood's red Globules into lesser, render its Colour pale, diminish the Attrition of the Fluids, sink the natural Heat below its healthful Standard, and make the Action of the Heart and Arteries become less strong. Summer Fruits taken to Excess, by dissolving as it were the Fluids, often produce Diarrhœas and Fevers, with Loosenesses.

3. The alkalescent Foods (such as are the alkalescent Vegetables, *e. g.* Cabbages, Coleworts, Onions, Leeks, Garlick, Asparagus, &c. and all Sorts of Flesh and Fish) if used too much, will produce an alkalescent Quality in the animal Fluids, and thereby may occasion ardent, inflammatory, or putrid Fevers, as other incidental Causes shall mix with that alkaline Quality, and determine it to the Production of this or that Sort of Fevers.

4. The viscous and glutinous Foods, are those Sorts, which being dissolved in Water can make a sticking Mass, a Jelly, or Glue ; such are Pease, Rice, Meal of Oats, Wheat, &c. most Sorts of Fish, the Feet of Calves, Sheep, Horns of Deer, &c. if used too much, will produce a viscous or glutinous Quality in the Fluids, and thereby Obstructions in the capillary Vessels and Glands, and a Diminution of some of the Excretions, and those Distempers which result from such Obstructions, and diminished Evacuations.

5. Oleaginous Foods (by which I mean Butter, Oil, all fat Flesh, and all Seeds, and Kernels of Nuts, which contain Oil) if used too much, will weaken the Appetite, abate the dissolvent Virtue of the Liquids secreted by the salival Glands, and Glands of the Stomach, and so hinder Digestion,

that is, the Solution of the Aliment and Communion of its Parts : Hence therefore, Obstructions of the small Vessels, Nauseas, Inflammations, and many other Disorders, may arise in the Stomach and Intestines, and other Parts of the Body.

6. The hot acrid Foods (by which I mean all Foods highly seasoned with Aromatics, such as Pepper, Nutmegs, Cloves, Ginger, Mustard, Creses, Thyme, Savory, Garlick, &c.) if too much used, will too much stimulate the Solids, and quicken the Pulse ; too much augment the Discharge by insensible Perspiration, hinder Nutrition, and so occasion Leanness ; they will lessen the necessary Humidity of the Fibres, and make them rigid, and the animal Fluids too thick, and bring on Fevers.

7. Spirituous Liquors may have the Nature of Aliment, as they contribute to repair the Expences of the Blood, and Waste of the animal Spirits : This Sort includes all Strong-Beer, Wines, Brandy, distilled Spirits, &c. all which contain a Plenty of sulphureous, volatile, oily Particles ; and, if too much used, will destroy the Appetite, and hinder the Digestion of Food, by diminishing the Secretion of that Humour through the Glands of the Stomach, which should incite the Sense of Hunger, and dissolve or digest the Aliment : Continual Excess in such Liquors will contract the Fibres of the Vessels and Glands, dissipate the Humidity, produce Obstructions and Tumours, and so may burst some lymphatick Vessels, and bring on Dropsies.

8. Aqueous Liquors (by which I mean Spring and River Water, and the Infusions of Green or Bohea Tea, of Baum or Mallow Leaves, and such like Diluents) how harmless soever they may appear ; yet if used too much, may render the Fluids too thin, relax the Fibres of the Vessels, lessen their contractile Force, and weaken the Nerves, and there-

thereby introduce those Distempers, which naturally follow such Effects.

But let it be remembered, that all these Qualities of Food, when Moderation and Propriety is observed in the Use of them, will prove beneficial to the Body; and the ill Consequence mentioned, do only follow the Excess and Abuse of them.

For Salt, in a just Proportion, only incides viscous Humours, and deterges and scours the Fibres, and moderately stimulates the Solids.

Acids, in a moderate Quantity, only dissolves viscid Humours, keep our Fluids from growing too thick, and the vital Heat from rising too high, and alkaline Humours from increasing too much.

Alkalescent Foods, used moderately, will only prevent a morbid Acidity of the Stomach and animal Fluids, and preserve them in a due Consistence.

The viscous and glutinous Foods, used only when, and so long as needful, tend only to repair the Expences of the Blood, and the Waste of the Solids; to maintain the Flexibility of the Fibres and Vessels; and to bring acrimonious Humours into a softer Quality.

The oleaginous Foods, temperately used, will only supply the Want of this Sort of Matter in the Body, prevent a Rigidity in the Fibres, and maintain the easy Vibration of the Solids, and the due Course of the Fluids.

Aromaticks, prudently used, do only attenuate the Fluids in a due Measure, maintain the insensible Perspiration, and the needful Vigour of the vital, natural, and animal Functions.

Spirituos Liquors; as, Wine, Strong-Waters, &c. discreetly taken, only when really wanted, do maintain the Tone of the Solids, the Circulation of



the Fluids, and the Secretion of the nervous as well as other Liquids.

And aqueous Liquors, taken only in just Quantities, will only in a due Measure dilute the animal Fluids, promote Nutrition, and both the Secretions and Excretions.

But to know the Circumstances which render this or that Sort of Food particularly suitable and needful; this requires the Skill and Direction of a prudent Physician, for Persons afflicted with any Sort of Sickness.

We may, from what has been observed, concerning the several Sorts of Aliment, deduce the following Corollaries relating to the Use of them; viz.

*Corol.* 1. That for Children who are subject to Acidity in their Stomachs, and Fluids, the Broths made of Flesh and other alkalescent Foods are proper and needful.

*Corol.* 2. That adult Persons, who are under or subject to an acid Acrimony, should feed on alkalescent Food.

*Corol.* 3. That Persons who are lean, and have a thin and poor Blood, should live much on the viscid and glutinous Foods.

*Corol.* 4. That Persons whose Fibres are rigid, should use oleaginous Food, and aqueous Liquors.

*Corol.* 5. That Persons who have lax Fibres, and weak Nerves, should moderately use the glutinous and aromattick Food, and spirituous Liquors.

*Corol.* 6. That Persons who lead sedentary Lives, should prudently use the alkalescent Food, and spirituous Liquors.

*Corol.* 7. That Persons subject to Fevers, whose Fluids are too thick, should use the acid and acedent Foods, and aqueous Liquors.

*Corol.* 8. That Persons afflicted with a saline Acrimony, and the Scurvy, should use aqueous Liquors.

*Corol.*

*Corol. 9.* That no Persons should always live on any one Sort of Food, but sometimes use one, and sometimes another; because each Sort is needful, and will be beneficial if used when occasion requires.

From what has been said, we may easily perceive that morbid Qualities, and manifold Diseases, may be produced in human Bodies, mainly by living too long upon, or using too much, any one Kind of Aliment: Particularly,

*First*, That a saline Acrimony, and Scurvy, may be produced by feeding too much on saline Foods.

*Secondly*, That the animal Fluids may be made too thin, and their Contexture dissolved by too much Use of the acid and acescent Foods.

*Thirdly*, That an alkaline Quality may be introduced into our Fluids, and Fevers of divers Kinds brought on, by an immoderate Use of alkalescent Foods.

*Fourthly*, That the animal Fluids may be rendered too thick, viscid, and glutinous, by too much Use of the viscous and glutinous Foods.

*Fifthly*, That the Appetite may be weakened, the Digestion of Aliment hindered, and Obstructions, with the Distempers consequent to them, be produced, by a too liberal Use of oleaginous Foods.

*Sixthly*, That the animal Fluids may be made too thick, and a hot Acrimony, and inflammatory Fevers be produced, by an excessive Use of hot acrid Foods.

*Seventhly*, That the Vessels may be made rigid, Nutrition hindered, Obstructions, Tumours, Fevers, and Dropsies produced, by an intemperate Use of spirituous Liquors.

*Eighthly*, That too great a Thinness of the Fluids, a Laxity of the Vessels, and a Weakness of the Nerves, may be brought on by too much Use of aqueous Liquors.

As to the Quantity of Food in general, I must observe, *1st*, That if it be too much in Quantity,  
it

it will oppress the Stomach, compress its Vessels, hinder Digestion, and become a crude Chyle, and produce the Effects, which follow the using a Food too strong in Quality.

2dly, If it be too little in Quantity, it will leave the Body destitute of necessary Recruits, and consequently, in a feeble languishing Condition.

### BARLEY.

What is used in the Shops is called French Barley, having been formerly brought from *France*, and is nothing but common Barley decorticated, and the Ends taken off in a Mill; and, if the Mill be set finer, and it be ground smaller, it is called Pearl Barley.

It is of a cooling, mollifying, and cleansing Nature: The Decoction of it, or *Aqua Hordei*, is of great Use in all Kinds of Fevers and inflammatory Distempers; it quenches Thirst, sheaths Acrimony, and lubricates the Passages in the Cholic and Nephritic Pains, and cools the Heat of Urine: Barley Broth is esteemed the best Nourishment in acute Diseases. In Bread it is laxative; and it is probable that a Change from Wheat Bread to this, would in most corpulent Constitutions reduce their great Bulks, and cleanse the secretory Passages. Its Flower made into Cataplasms, softens hard Tumours, and eases inflammatory and Pleuritic Pains.

### OATS,

Are hot and drying, and Oatmeal is of great Use both in Health and Sickness, being a wholesom and cleansing Food: Water-Gruel made thereof being much used in all Kinds of Distempers; and Flummary, or Scotch Sowins, is a fine light Food and easily digested; but a thick Hasty-Pudding is too hot



hot for many Children, especially those of a florid Complexion: It will inflame and thicken their Blood, and occasion the Itch, Boils, and other Breakingings out. Oats fried and put into a Bag, and applied to the Side, are good to ease external Pleuritic Pains. The Meal made into a Poultis with Hogs Lard disperses Tumours.

### GARDEN BEANS,

Are frequently eaten for Food in the Summer-Time, while they are young, being a pleasant and grateful Dish, and though somewhat windy, are not more so than most other Pulse. The Bean-Meal or Flower is commended by some for the Bloody Flux. It is frequently made use of in outward Applications, in Cataplasms against Inflammations, and to dissolve Swellings. Horse-Beans are used outwardly to the same Purpose.

### PEASE,

When green, are a pleasant, grateful, nourishing Food, but somewhat flatulent and windy, as well as when dry; and are good to sweeten the Blood, and correct a salt scorbutick Illness, either eaten raw or boiled: They contain a soft Oil, without any spicy Quality; therefore are very demulcent, and temper Acrimony. So do the Beans.

### RICE,

Is sown in *Italy*, *Turky*, and the *East-Indies*; and we have as good from *Carolina*, as from any Part of the World.

Rice is so much in Esteem in the Eastern Countries, that it is the principal Corn they use. It is a wholesom, nourishing, and strengthening Grain,  
restringent

restringent and good for those who have a Slipperiness in their Bowels, or are inclinable to a Flux or Looseness, and proper for the Consumptive, and such as are subject to Hemorrhages.

### SAGO,

Is a whitish-brown, round, granulated Substance, about the Bigness of Pearl Barley; of little Smell or Taste: It is gotten from the inward Pith of a Species of a Palm-Tree. The Fecula of the Pith of the Tree granulated, is what is called *Sago*.

It is accounted very nourishing, and restorative, and good for weakly consumptive People, and those who are recovering from Fits of Sickness; as also for all Kinds of Fluxes and Loosenesses.

### WHEAT,

Is most generally used, and the best Grain we have in *England*; the Bread made of it being more pleasant and nourishing than any other Grain. It is more used for Food than Medicine; though a Poultice made of it boiled in Milk, eases Pains, and ripens Tumours. Bran is sometimes made use of in Cataplasms, and applied hot in Bags for Pains in the Sides. Rye is less nourishing than Wheat, and apt to cause Gripings in those not used to eat it. The Meal in Cataplasms is good against Inflammations and Tumours.

### BREAD,

As it is the most universal, so it is the most nourishing of any Sort of Vegetable Food; and it is more or less so, according to the Grain it is made of, the different Way of preparing it, and the Time of keeping it before it be eaten. That made of  
Wheat

Wheat is most nourishing, especially if it be well freed from the Bran, but then it is digested more difficultly, and inclines them that eat it to be costive; but if it be mixed either with Rye or Bran, it loosens the Belly: Few Stomachs can digest it unfermented, though some hard Labourers continually eat it so. The better our Bread is fermented, the easier it is to be digested; for a great deal of that is done by Fermentation, which otherwise might have been done by Trituration; for as Digestion is nothing else but the Reduction of our Food into Parts small enough to enter the Lacteals, so the Work of Fermentation is only an intimate Division of the fermenting Mass, whereby the Cohesion of its Parts is lessened, and so becomes less viscid, and easier converted into Chyle in the Stomach. It is also more difficult to digest Bread that is new, than that which is a Day old, for the very same Reason, the new being much more viscid than the old; and it is upon this Account, that Panadoes and Puddings, made of Bread, agree better with weak Stomachs, than such as are made of Meal.

### HONEY.

That which is whitest and hardest is most preferred; but the browner and smoother Sort is best in Medicine, because it is not so apt to candy, which deforms and spoils it: Besides, *Lemery*, in his *Chymistry*, says it is more spirituous; which very well agrees with its keeping more fluid. *Schroder's* Authority also justifies the Choic of *Monsr. Lemery*, for he prefers the *Mel flavum*, and next to that the *Mel album*.

The medicinal Virtues of Honey are many and great; it is very penetrating and deterging, and is therefore good in all Obstructions from viscid and tough Humours: In Stuffings of the Breast it is of great



great Efficacy, and wonderfully promotes Expectoration: It is of great Service in all Disorders from Phlegm, and for cold Constitutions; but in thin and hot Habits it is not good: It does great Service to such as are troubled in a Morning with thick tough Phlegm, either eaten over Night upon a Toast, or dissolved in any warm Liquor. It is used in Chirurgery to cleanse foul Ulcers.

### MILK,

Is of a cooling and nourishing Nature, requires scarce any Digestion, having already been prepared in the Stomach and Bowels, and passed through the Lungs of the Animal it is taken from, and consists partly of the natural Juices of that Animal, and the concocted Juices of Grass, and other opening Herbs; by which Means it is balsamick, corrects Acrimony, and restrains too quick a Circulation; so is good in Consumptions: If Cow's Milk be apt to render the Body costive, it may be conveniently mixed with a little Honey, or, for consumptive People, be exchanged for Asses Milk, which is more light and opening, and less apt to curdle. Breast-Milk, in Consumptions, is preferable to any other; especially, if the Nurse be of a healthy Constitution, and feeds on a proper cooling Diet.

### BUTTER.

By the Texture and Nature of its Substance, it tends to relax the Solids, and supplies the Juices with Particles light and adhesive: Upon the first Account, it may be good in dry and costive Constitutions; but must be hurtful in lax, moist, and corpulent ones. By the Levity and Tenacity of its Parts, it is also very apt to stop in the Glands and Capillaries, whereby it fouls the Vessels, but more particularly

particularly the small Glands of the Skin : Hence it is apt to produce Blotches, and all cutaneous Deformities. And such young Children, as have had much Butter in their Diet, have been observed to grow weakly, corpulent, big-belly'd, very subject to Breakings-out, and to breed Lice ; but upon restraining them from it, they have out-grown all these Inconveniences. Oil of Olives is much of the same Nature as Butter, and is used, in Countries which abound with it, for the same Purpose.

### BUTTER-MILK,

Cools, moistens, and nourishes ; it is good in a Catarrh, and stubborn Hoarseness ; and an excellent Remedy in Consumptions, and Hectick Fevers, Inflammations, and Ulcers of the Kidneys, and the muriatick Scurvy. To those troubled with great and uneasy Sweats, give it a little sourish, but the fresh and sweet Milk nourishes most.

### CHEESE,

Is somewhat of the same Nature as the Butter, consisting of light, tough, viscid Parts, which, for the same Reason as given before, will occasion Obstructions, with their Consequences : But in this Respect, Cheese is not so liable to these Inconveniences as the other, because of the subtil Acid which it has from the Runnet, that gives it a warm biting Taste, and makes it more easy of Digestion and Comminution. That is the wholesomest which is the strongest of the Runnet ; though indeed all the Sorts tend to Viscidity, and are therefore bad in all Cases which arise from such a State of Blood ; but particularly Disorders of the Breast, as Asthma's and Pleurifies.

### WHEY,

## W H E Y,

By taking away the Curd from the Milk, the most viscid and grumous Part is gone, and the Whey which remains is thereby left thinner, and fitter to pass the several Strainers of the Body; and for this Reason, it is very good to drink in large Quantities, to rinse the Viscera, and particularly the Kidneys, by which it is very apt to pass off. It is a great Cooler and Sweetner of the Blood; and Agrimony, or Fumitory, infused in it, is a good Medicine against the scorbutick Itch, &c. Of all Drinks, Whey is the most relaxing and diluting; so are warm Water, and Decoctions of mealy Substances, Panadoes, or Bread boiled in Water, and Robs or Jellies of Garden-Fruits in Water, mere diluting, dissolves and carries off Salts. Hence we may learn how to manage Persons under Fevers, where the Pulse is strong and quick, the Heat of the Body, and the Thirst, very great, the Blood too thick, and the Excretions too little.

## E G G S,

Are of good Nourishment and warm, but subject not to pass well through the Stomach with some People; which may arise from their softening and relaxing the Membranes; and also their Tenacity and Difficulty of Commintion, especially if they are made hard. The best Way of remedying this Inconveniency is with Vinegar and Pepper; because such Things astringe the Coats of the Stomach, and make them perform their Attrition more forcibly, whereby Digestion is sooner performed. Eggs are the most nourishing of all animal Food, and most indigestible, because no body can take and digest the same Quantity of them as of other Food.

P A R.



## PARSNIPS,

Are a pleasant Root, and of good Nourishment: They are useful in phlegmatick Cholicks, and correct Acids, and thought to be Provokers to Venerie, if much used. Carrots are nourishing, and good in nephritical Cases, and anti-acid.

## POTATOES,

Are much used every where, they contain glutinous Parts, so that they are a Nourishment proper for thin and hot Constitutions; but are apt to swell up the Stomachs of weak Constitutions, for their Juice half ferments, and is therefore windy. Hot People's Stomachs being dry, and tense, such a Juice in them is split into minute Parts, and they serve to relax such Vessels, and sheath such sharp Humours; but for cold Stomachs, and such as abound with Phlegm, nothing is more prejudicial.

## TURNIPS,

Though somewhat windy, are cooling and cleansing, of wholesom Nourishment, and easy of Digestion to weak Constitutions; and the Liquor pressed out of them, when boiled, is good in Hecticks, Obstructions, and Tubercles of the Lungs: A Syrup made with Slices of Turnips, and brown Sugar-Candy, *stratum super stratum*, baked in an Oven, is a good Pectoral, and proper for Coughs and Consumptions: They are diuretick, and cleanse the Kidneys and Ureters, and are much eaten with all Sorts of Flesh; for they help to attenuate and divide those Parts, which otherwise would make the Juices of too tough and gross a Consistence, to pass readily through the Vessels in Circulation.

Q

C A B.

*CABBAGE and COLEWORTS.*

The Ancients had a mighty Opinion of their Virtues. They are soft and dimulcent, without any Acidity, nutritive and relaxing. The Juice of red Cabbage baked in an Oven, and mixed with Honey, is an excellent Pectoral, and good in Asthma's, and will help to discharge the Matter of an Imposthume. The Leaves of Cabbage are sometimes applied to Blisters, after they are cut, instead of Melilot Plaister; as also to Sores, to cool them and repress the Inflammation.

*A P P L E S.*

Their Qualities may be known by their Taste. The Pearmain and Pippin are the best. Those are most wholesom that are most acid or austere, because that maintains the due Tensity of the Fibres, and prevents their corrupting with the animal Juices. Apples cool and refresh us in the Summer-Time, when the Heat evaporates much of the animal Moisture. They are cooling, lenitive, pectoral, cordial, and cheer the Spirits; and are excellent for scorbutic and splenetick Patients of a hot Constitution, and apt to be costive. Apples and Milk are good in Consumptions; and boiled in Milk and Water, and strained off and drunk, is the best Julep in the Small-Pox.

*P E A R S,*

Have most of the same Qualities of Apples, and some Kinds of them, by their high Flavour, seem to be more cordial than Apples. The Catherine, and other sweet Pears, are apt to corrupt in the Stomach, and occasion Surfeits.

*P L U M B S*

## PLUMBS and PRUNES.

The best Plumbs, or Prunes, being formerly brought from *Damascus*, the Fruit has kept the Name of *Damask Prunes* ever since. They are now brought over dry in great Quantities from *France*, being a larger and sweeter Plumb than the common *Damson*.

Sweet Plumbs are laxative and nourishing, but those of the austere Kind are astringent. Prunes are cooling and moistening, rendering the Body loose and soluble; they assuage Thirst, and mitigate the Heat and Acrimony of the Bile.

## CHERRIES.

The black are cordial and cephalick, and useful in all Diseases of the Head and Nerves; as, Epilepsies, Palsies, and the like. The red Cherries are cooling and laxative; they quench Thirst, are grateful to the Stomach, and whet the Appetite. The Gum is accounted lithontriptick, and good for the Stone and Gravel.

## APRICOCKS,

Are a Fine cooling nourishing Fruit, and if not too ripe, agreeably astringe and strengthen the Stomach. They are frequently preserved with Sugar; and of the Kernels infused in Brandy, is made a famous Cordial, called *Ratiffa*: But bitter Almonds being to be had much cheaper, this Liquor is frequently made with them.

## PEACHES.

They are cooling and nourishing, cordial and  
Q<sup>2</sup> pec-



pectoral, grateful to the Palate, and more nourishing than the Apricock ; but are apt to putrefy in the Stomach, and cause Surfeits. The Nectarine is of the same Kind.

### GOOSEBERRIES,

When ripe, are a grateful, cooling, lenient Fruit, and very wholesom, if eat in Moderation, creating an Appetite, and quenching Thirst ; when green, they are more acid, cooling, and astringent. There is a fine pleasant Wine, which many make of the Fruit, little inferior to some foreign Wines.

### CURRENTS.

The Red and White are the best, agreeably acid, and accounted as wholesome Fruit as any we have of our own Growth. They greatly assuage Thirst, cool and fortify the Stomach, help Digestion, and are good in spitting of Blood. They may indeed be eat in too great Quantities, otherwise no Harm can be received from them. The Jelly, or Rub, of Currants, mixed with Water, is a most excellent Drink in bilious Fevers.

### RASPBERRIES.

They have a pleasant grateful Smell and Taste, are cordial, and strengthen the Stomach, stay Vomiting, are somewhat astringent, and accounted good to prevent Abortion. The Syrup made of them is good against Vomiting and Looseness of the Belly, and is much used in Gargarisms.

STRAW.

## STRAWBERRIES,

By their fragrant Smell, seem to be cordial, and are grateful to the Stomach, especially eaten with Wine and Sugar. The Juice of Strawberries and Lemons in Spring-Water is an excellent Drink in ardent and bileous Fevers. They are recommended by some Authors, for Fluxes and the Jaundice. The Leaves are frequently made use of in Gargarisms for sore Mouths, and Ulcers in the Gums.

## OF EXOTICKS.

## ORANGES.

**T**HE Orange-Tree grows in Plenty in *Italy, Spain and Portugal*, and bears Flowers and Fruit all the Year; but the Fruit is chiefly gathered in *October*.

The Juice of Oranges is used as a Sauce to whet the Appetite. It is cooling and cordial, good to quench Thirst, and serviceable in burning Fevers: It is an excellent Remedy against the hot Scurvy, being frequently mixed among other Antiscorbuticks. The China-Oranges are more relaxing than the Seville; but the China-Orange is only eaten for Pleasure, the Seville being used in Physick. The Peel or Bark is cordial and stomachick, warms and strengthens the Stomach, prevents Nauseas and Vomiting, and helps the flatulent Cholick.

## ALMONDS.

Their Juice is more cooling than that of Oranges, and very grateful to the Stomach; it quenches

Thirst, prevents Putrefaction, and is useful in both burning and malignant Fevers and Diarrheas : It is good for the Stone and Stoppage of Urine from a viscid Blood, and excellent to take off Nauseas, and stop Vomiting, which proceeds from a Redundance of Choler; strengthens the Stomach, and helps Digestion. The Peel is a very agreeable bitter Aromatick, good to warm and strengthen the Stomach; and it gives a grateful Flavour to Infusions or Tinctures.

### A L M O N D S.

Sweet Almonds are of a soft, sweet, grateful Taste, and are cooling, healing, and nourishing. They are much prescribed in Emulsions in the common Practice, and are good in all Disorders from cholerick and acrimonious Humours : They cool and cleanse the Kidneys and urinary Passages, and give Ease in cholick Pains, and all Irritations of the Bowels.

Oil of Almonds is an useful and excellent Medicine, and of great Service in Affections of the Lungs; as Coughs, Shortness of Breath, Soreness of the Stomach, and pleuritick Pains. In the Stone, Gravel, and all Diseases of the Kidneys and Bladder it is of singular Use; by its softening and lubricating Quality it relaxes and stretches the Passages, so as to favour the Expulsion of small Stones, gritty Matter, &c. and also blunts and obtunds the sharp Points which irritate the Membranes: It corrects the bilious Salts in the Stomach and Bowels, and is of great Service in the Cholick, and helps a costive Habit of Body : It is very useful for Children's Gripes, and to purge them gently, mixed with any opening Syrup. The Oil of bitter Almonds is used outwardly as a Cosmetick; dropped into the Ears, is good to soft-



en the hardned Wax, and for Deafness; and is put among anodyne Liniments.

### C H E S N U T S.

They are not so smooth and emollient as the Almonds, but have somewhat of a Roughness and Astringency in their Composition, which occasions sometimes a Load at the Stomach, if too many be eat of them at a time; but these Inconveniencies are prevented by roasting them. They afford a good Nourishment, and are proper in Female-Weaknesses.

### F I G S.

The dry Figs come chiefly from *Spain* and *Portugal*, being first cured by dipping them in scalding-hot Lye, made of the Ashes of the Cuttings of the Tree, and afterwards carefully drying them in the Sun, they are put into Barrels to be kept for Use.

Figs are deterfive, vulnerary, extremely emollient, and great Subduers of Acrimony; very useful in Asthmas, Coughs, Hoarsenesses and all Diseases of the Breast and Lungs: They are a good Ingredient in pectoral Decoctions, because they very much promote Expectoration, and are therefore good in all Difficulties of Breathing. By relaxing the urinary Passages, they are diuretic, and good to cleanse those Parts of Gravel and sandy Concretions, and are useful in bloody Urine, and to drive out the Small-Pox and Measles. Outwardly applied, they are suppurating and cleansing, good for Inflammations, Swellings, and pestilential Buboes. Some use them, being only toasted by the Fire, for Imposthumations in the Ears and Gums.

## W A L N U T S,

Are ripe in *September*: They are much of the Nature of Almonds, and good in all the same Intensions; are cordial, anti-hysterick, and gently sudorific; and eaten in the Morning, are of great Use to prevent Infection in the Time of pestilential Distempers. The Leaves of the Walnut-Tree are detergent and vulnerary. The Bark is a strong Emetick.

## T A M A R I N D S.

The Tamarind-Tree grows both in the *East* and *West-Indies*, and in *Egypt*. The Tamarinds brought from the *East-Indies* are darker and drier, but contain more Pulp, being prepared without Sugar, and fitter to put into Medicine; those from the *West-Indies* are redder, have less Pulp, and are preserved with Sugar, and so pleasanter to be eaten as they are.

Tamarinds are acid, pleasant, and cooling, and gently relax the Bowels; they carry off cholerick Humours, and correct the bilious Heat in the Stomach and Bowels; they allay Thirst, moisten and cool the Mouth, by sucking; and gradually swallowing them, are good in burning Fevers, promote Urine, and help the Jaundice.

## R A I S I N S,

Are dried Grapes: The Raisins of the Sun are made after this Manner; they cut the Stalks of the Branches, they design for that Use, almost in two in the Middle, and by that Means hinder the Sap from coming to them in any Quantity; and let them hang thus on the Branches, till by Defect of Nourishment, and the Heat of the Sun, they are sufficiently cured; when they are put up into Casks for Use.

The

The Malaga-Raisins are managed another Way ; they dip the Branches of ripe Grapes in a boiling-hot Lye, made of the Ashes of Vine-Stalks, taking them out presently ; and then lay them on Boards in the Sun to dry, and afterwards they are packed up in Frails.

Raisins are a grateful Fruit, and are cordial, pectoral, opening and deterfive ; they promote Expectoration, are good in Catarrhs and Coughs, and cleanse the Viscera, and particularly the Kidneys and urinary Passages. The Currants are of a like Nature, from a smaller Sort of Grape ; they are opening and pectoral, good in Coughs and Consumptions.

Raisins of the Sun are pleasanter to the Palate than Malaga, quench Thirst, and deoppilate more than they, by Reason of a delicate tartarous Acidity, mixed with the Sweet ; and so are better in thirsty Fevers and splachnick Cases. But the Malaga in-crasate, obtund, and maturate more than the former, by Reason of their mucilaginous Sweetness ; and therefore preferable to them in Diseases in the Breast and Lungs.

## CH A P. II.

### Of D R I N K.

#### W I N E,

**I**S generally the most agreeable to the Stomach of any Kind of fermented Liquor whatever, both on Account of its Clearness, and of the Tartar contained in it ; Tartar, or some of its Preparations, being more agreeable to the Stomach, in all its Disorders, than any other Medicine ; for these Reasons it is, that French Wines, especially those of

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*Burgundy* and *Champaign*, are preferable to those of *Portugal*, *Spain*, or any of the Sweet Wines, except when we would drink them as a Cordial, in little Quantities. These last, though they taste much stronger, and oppress the Stomach, and disorder the Head more than the other, do yet afford much less Spirit by Distillation; their Fermentation being more imperfect, their oily Parts are unconverted into Spirits, which appears by distilling them, for they afford more Oil than the others; and it is this half fermented Oil that makes the more difficultly digested, more nourishing, and fitter for Men of a dry Constitution.

This is the most proper Place to say something of Fermentation.

In all heterogeneous Fluids, the constituent Parts of which are not fitted to associate and cohere, so as to form what we can call an uniform homogeneous Fluid; the heavier may be accounted as solid Bodies immersed in a Fluid, specifically lighter; and the lighter Parts, as such Bodies in a Fluid, specifically heavier.

Now Fermentation is only a violent Agitation in any Liquor, whereby the Cohesion of the Parts is altered; and those which are too heavy to swim in the Liquor, sink to the Bottom; and such as are too light, are forced up to the Top.

The fermented Liquors, mostly in use in this Kingdom, are Wine, Beer, and Ale; and there is this common to them all, when they are thoroughly fermented, viz. that they heat, intoxicate, force Urine, assuage Hunger, create Thirst, and stupify, and promote Perspiration, when taken in great Quantities. These fermented Liquors contain a great deal of *Sal Volatile Oleosum* in them, by which they become agreeable to the Stomach, by making a gentle Titillation upon our sensible Fibres and Membranes, and cause an universal Relaxtion through

through the whole animal System. The Blood will, by this Means, freely circulate; the Diameter of all the Arteries being enlarged, a larger Cylinder of Blood will pass through them; and therefore will move with greater Celerity, and consequently increase the Quantity of perspirable Matter and Urine, as also Heat and Thirst.

Moreover, this *Sal Volatile Oleosum* of fermented Liquors, entering into the Mass of Blood, dissolves, rarifies, and expands it, whereby all the forementioned Effects are more easily brought about; and when the Rarification is excessive great, the distended Arteries intercept the Passage of so many Spirits into the Heart, as to render it unable to contract itself with Force enough to drive the circulating Blood to the Extremity of the Body; for which Reason, People that are very drunk are pale. Hence we may infer the Necessity of letting Blood in this Case, both when the Pulse is almost insensible, and the extreme Parts cold. In this drunken Condition a vast Quantity of Blood is thrown into the Brain, and those Parts nearest the Heart, whereby the Tone of their Fibres are destroyed (especially if Drunkenness be often repeated) and become so weak as not to be able to carry on the Circulation of the Humours; for which Reason, hard Drinkers will be stupid, and subject to Apoplexies, Palsies, Vertigo's, Loss of Memory, Trembling of the Hands, Loss of Appetite, a bad Digestion, and Tumours of the Liver, Spleen, or Mesentery; from whence proceed the Jaundice and Dropsy, the common Fate of most great Drinkers.

Now since these Distempers are the Effects of Drunkenness, and brought about after the Manner assigned, we may hence learn what Sort of Strong-Drink is the safest to be drank in great Quantities. It must be such as is clear and transparent, and has a dry Pungency upon the Tongue, by which Means  
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it will best pass off by Urine and Perspiration; it should also be such as has the least relaxing Property; for which Reason, the gentle Stipticity there is in Claret, renders it generally the most wholesome to be drank plentifully of any Strong-Liquor whatsoever. The great Quantity of Tartar contained in it, prevents it both from relaxing the Stomach, and rarefying the Blood so much as other spirituous Liquors; yet the White Wines will agree better with some bileous Constitutions, and those subject to be costive.

Though Excess in Strong-Liquors be so prejudicial, yet the moderate Use of them are often of great Advantage, when our Spirits are almost exhausted by violent Exercise, or hard Labour; or sunk by Pains, Sicknes, or Perturbation of Mind. How comforting is a Glass of some grateful spirituous Liquor? It blunts the Sense of Pain, exhilarates the drooping Spirits, banishes Melancholy, satisfies Hunger when Victuals are not to be had; it is useful in all Distempers where the Pulse is low, where the Blood abounds with Serum, where Perspiration is suppressed, and where the Passions of the Mind are violent; for which Reason, the Hypochondriac, the Hydropic, and such who have newly taken Cold by a Suppression of Perspiration, ought to drink Strong-Drink in a moderate Quantity.

#### *A L E,*

Is much fitter for Men of a dry Constitution than Wine, being more soft, smooth, and slippery, and consequently more nourishing, and fitter to relax the too tense and dry Fibres in such a Constitution. But, in general, the nearer our Malt-Drink approaches to the Nature of Wine, the better it is; therefore it should be made of clear Water that will bear Soap, be well hopped, that it may keep till  
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all the gross viscid Parts are fallen to the Bottom of the Vessel. It should have a dry Taste, without Sourness, and be transparent, and should sparkle in a Glass. That Hopping of Drink is necessary, is evident from this; that without Hops, we must either drink our Beer and Ale new, ropy, and half fermented, or else old and stale; both which are very prejudicial to our Health. Hops are a grateful Bitter, and beneficial in the Stone, though they, as well as all other Bitters, are improper for Persons of a hot and bileous Constitution.

Middling Ale brewed of the best Malt, boiled, fermented, and depurated according to Art, that hath no ill Smack, that is pale, sparkling, fine, fresh, and not upon the fret, is a most comfortable and wholesome Drink; for it cools and moistens the parched Membranes of the Stomach; scoureth salt, acrid, bitter, and slimy Filth from off the *Villa* and Glands, and turns it over the *Pylorus*; then it deterges and opens the Mouths of the Lacteals, dilutes the Blood, cleanseth the Emunctories and minutest Passages, and helps the whole Mass to circulate freely, and duly to nourish and cherish the Parts, and to throw off the Recrements by Urine, and (where there is an Aptitude) by Sweat and Spittle.

Yet in Rawness, Windiness, Weakness, and Sourness of the Stomach and Intestines, occasioning Belching, Vomiting, Looseness, Cholic: Also, in Catarrhs, Coughs, wandring Pains, Dropsies, hypochondriacal Disorders, and such Effects as arise from great Irritability of the Fibres and Nerves, and Colliquation of the Blood and Humours: In these Cases, the best Ale, by Reason of its Coolness, Detergency, pricking, cutting, and springy Particles, is not proper; but the thick, heavy, hard, sour, old, and strong, are very mischievous.

The sweeter, softer and thicker Ale is, the more it suppleth, filleth, and nourisheth; the older and  
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staler, the more it openeth and detergeth. In some particular Constitutions, Ale may be more diuretic than Beer, because Ale is more smooth, softening, and relaxing; and therefore where Urine is to be promoted by enlarging the Passages, that is most likely to do it; and this is mostly the Case of thin dry Constitutions: But where the Promotion of Urine is to be made by attenuating and breaking the Juices, and rendering them more fluid, it is certainly best answered by the Drinks which are well hopped. New thick Ale not well hopped, stuffs the Vessels with Slime and Viscidity, makes the Body unwieldy and corpulent, and paves the Way for Cachexies, the Jaundice, Asthmas, and Dropsies. The urinary Passages, which new Ale is supposed to clear, it will by Degrees fill with slimy Matter; which viscous Matter will at last harden into a Stone.

### W A T E R,

Is the principal Ingredient in all our Drinkables, and the purer or less mixed we find it, either with vegetable, mineral, or earthy Particles, the better it is. Its Purity is best known by its Transparency, its Fluxility, Insipidness, and Lightness; for there is no Mixture but what will alter it in some of these Respects; and as that Water is the wholesomest, which has the least Number of foreign Particles mixed with it, so there is none but what has some, and it is from this Mixture that it is liable to sink and decay upon its Stagnation; for these Particles being of different Gravities, some will subside whilst others emerge, and, by their contrary Motions, so break and divide themselves, as some of them to become specifically lighter than the Air, and in their Elevation strike the Nostrils with an ungrateful Smell; which, when spent in the Air, and the rest of the solid Matter that was contained in

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the Water settled in its proper Place, the Water becomes sweet again, as we know by Experience. Rain-Water is the freest from mineral Particles, but well stocked with vegetable, which is the Reason that it so soon putrefies, otherwise it would be the most wholesom of any: But Spring-Water, though it be heavier than Rain-Water, yet being less apt to putrefy, is certainly fitter for common Use, provided it will bear Soap, and the Fountain run with a strong Current.

From what hath been said, it appears, of what dangerous Consequence the Stagnation of our Water would be, and how kind Providence hath been to us by the attractive Force of the Sun and Moon, to make so violent an Agitation in the Sea-Water twice in every twenty-five Hours, as we observe upon the Flowing of the Tides: And Tempests, though prejudicial to the Mariners, yet seem necessary for the better Obtainment of this End; for without Storms and Tides, the Ocean in a little Time would be so corrupted, as both to poison the Fish, and also infect the Air with such Quantities of putrefied Effluvia, as in a little Time would kill the Land-Animals also.

Water is fittest for Use, after it hath stood some Time in a cool Place to settle; the earthy mineral Particles will some of them fall to the Bottom of the Vessel, and the Water become more clear and light.

It should not be much boiled before Use, for the making of Coffee and Tea; for though boiling may promote the Separation of any heterogeneous Matter from the Water, if it stand some while after to settle; yet, by evaporating the lightest, and therefore the best Part of it, what remains must be so much the worse; and most Water may be boiled till it have a saltish Taste.

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Water is so necessary to our Subsistence, that we could not live a Moment without it ; it is this Element that furnishes all the fluid Part of our Humours, without which they could not circulate, and that dissolveth all the Salts in the Blood, whereby some are carried to their proper Places within the Body, and others to proper Emunctories for their Expulsion from it. It serves to prepare our Food, and then for a Vehicle to convey both it and Medicines out of the Stomach, into every little Meander of the Body, both for Health and Nourishment.

In all Cases wherein too many Salts abound in the Blood, such as the Itch, Scurvy, Leprosy, &c. unfermented Liquors are the most proper ; as they also are for such who are subject to inflammatory Distempers ; as, Pleurifies, Rheumatisms, or the like. When we design to relax by Water-drinking, we should take it warm, with the Infusion of some Drug or other in it, to increase its relaxing Virtue, such as, the Roots of Sarsa, Liquorice, Althea, &c.

Water-drinking is proper in all chronical Distempers in which there is an Effervescence of the Humours, such as the Gout, Defluxions, Head-achs, Epilepsies, dull Sight, Asthmas, hysterical Illness, Melancholy, and bileous Hemorrhages. Nothing is less flatulent than Water, having less Air contained in its Pores than any other Liquor we usually drink, as Small-Beer, Made-Wines, and Ale, have this most : For which Reason, they are so offensive to weak Stomachs ; for being heated in the Stomach, the Air contained in them unfolds its Spring, and forces its Way through the upper Orifice in Belching, if the Fibres of the Stomach be not very strong : Besides this, these windy Liquors convey greater Quantities of Air into the Mass of Blood ; which will so rarefy and expand it, as to produce all those Disorders that Water-drinking is so proper to prevent.

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If you place in the Receiver of the Air-Pump a Glass with Small Beer, another with Ale, a third with Claret, and a fourth with Water, and withdraw the Air some Degrees with the Air-Pump, the Beer will boil; remove it a little more, the Ale will follow the same explosive Motion, and the Claret last; but the Water will continue all the Time free from any intestine Motion, which demonstrates that it contains of Air, included in its Interstices, the least Quantity.

For nothing causes the boiling in the other Fluids, but the Force of the Air included in their Vacuolas endeavouring to disengage itself upon the Pressure of the Atmosphere, taken off from the Surface of these Liquors.

### C O F F E E,

Grows on a low shrubby Tree, or Bush, in *Arabia Felix*, which has sweet odoriferous Flowers, like Jessamin Flowers; they come forth at the setting on of the Leaves, and are succeeded by Berries. Of these Berries roasted is made the celebrated Liquor called Coffee.

Coffee and Tea are now become the general Entertainment of the Ladies, and most People of Fashion drink great Quantities of them, and, without doubt, very often to their Prejudice. The Water is very prejudicial to some, as the Bitterness of the Coffee and Tea is to others; for none who are of a lax Habit of Body can bear much Water-drinking, or of a robust and tense Habit, many Bitters: So that they who will drink these Liquors should both adapt the Strength and Quantity to their Constitutions.

Fat, moist, phlegmatic People may drink their Coffee very strong, with an empty Stomach, without either Sugar, Milk, or Butter; for the more

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the Fibres are irritated by it, the more strongly will they contract, and thereby the Stomach will cleanse itself from all offensive and superfluous Phlegm; then being admitted into the Mass of Blood, will, by increasing its Motion, lessen its Humidity; it will also become an universal Stimulus, and so recover the Tone of the Fibres, too much relaxed in such a Constitution; and it will be helpful against Catarrhs, Defluxions, and Head-achs, and strengthen the Stomach; it is a great Antihypnotic, and useful to be taken after hard Drinking.

But Persons of a thin, dry, and hot Constitution, should either totally abstain from it, or drink it weak, with Milk and Sugar, upon a full Stomach; for it is very prejudicial to Persons of this Constitution, when they take it too strong; it dries their solid Parts, expends the Serum of the Blood, gives Palpitations of the Heart, Trembling of the Hands, Palsy, Oppression of the Breast, Syncopes, Asthmas, and Vapours, and prevents Sleep.

### TEA,

Grows in *China*: They gather the Leaves from the Shrubs always in dry sun-shiny Weather, and put them into a Pan made of Cast Iron, clean and red-hot, but placed obliquely, wherein they are stirred about and shaken together till they shrivel up, and are crisp, and then they are laid on Mats and fanned with Fans to cool them, and so put into Tubs or Canisters. We have two Sorts of Tea, viz. the Green and Bohea, but both gathered from the same Kind of Plant, and only differ in the Age of the Leaves, the Time of Gathering, or Way of Curing.

The Bohea is often coloured with some Infusion of another Plant, or Japan Earth, to give it the Softness and Heaviness on the Stomach it has, where-  
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by it is often spoiled, and wants the natural Simplicity of Green-Tea.

What has been said of Coffee is mostly applicable to Tea, saving that this makes not so strong an Irritation upon the Fibres as Coffee does. It is alkalescent, as appears by its Effects upon Stomachs troubled with Acidity: So that Tea is an Infusion of a Plant alkalescent, and moderately astringent in warm Water.

As a watery Liquor, it is diluting and stimulating, by its Salts: By its astringent Quality, it moderates the relaxing Quality of warm Water; and Water endowed with any saline stimulating Substance is very penetrating, and goes into the most inward Recesses of the circulating Juices, and refresheth the Brain and animal Spirits; but by its styptic and stimulating Quality, it affects the Nerves, often occasioning Tremors; by its Heat, it promotes Perspiration; by its watery Quality, it dissolves what is viscid in the Stomach, and so may help Digestion; but drinking too great Quantities of it may relax and weaken the Tone of the Stomach, be hurtful in many Cases, and to most People. Milk abates some of the fore-mentioned Qualities, making it more soft and nutritious.

Green-Tea may, to good Purpose, be used in those Distillations of Humours which are called Catarrhs; whence proceed Heaviness of the Head, Noise in the Ears, Redness of the Eyes, thin Running at the Nose, Shortness of Breath, and Palpitation of the Heart; it is also useful for weak Stomachs, and in Want of Digestion, and proper for Weakness of the Joints, the Rheumatism, and the Gout; it is good to take off the ill Effects of hard Drinking, and will enable a Person to continue a long Time without Sleep: It is very serviceable after Surfeits, by gradually helping off the viscid Remains

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which nauseate and sicken the Stomach, and by drawing up the Fibres again to their due Tone; and is sometimes given in large Quantities, as an Emetick to deterge Slime from the Membranes of the Stomach.

Bohea-Tea by Experience is found to be of a softening nourishing Quality, and is therefore much in Esteem for a Breakfast with Milk. It very sensibly satisfies Hunger, and affords a fine balsamic Nourishment, and is therefore very proper in Consumptions and Ulcerations of the Lungs: But the Green-Tea is a better Breakfast for those who feed high, and have little Exercise to cleanse the alimentary Passages, and wash off the scorbutic and urinous Salts; as also to promote Digestion after a full Meal.

Tea, especially the Bohea, is a great Enemy to the Hypochondriac, and Hysterick, and those of weak Nerves, and brings on such Persons Lowness of Spirits and Tremors, if used too often, or in great Quantities; therefore such ought to abstain from it. But this Caution I must observe, that they that find it agreeable to the Constitution, may continue to drink it; whilst those that perceive it to flatten the Spirits and infer Vapours, ought to refrain its Use: The grand Intention of all Diet, whether Solids or Liquids, being to support Health, and a good Constitution, not to impair those invaluable Blessings.

### C H O C O L A T E.

The Nuts grow in *Jamaica* in the *West-Indies*, and in *Curacoa* in *New-Spain*; they are about as big as an Almond, but rounder and thicker, and covered with a thin Shell, under which lies the Nut, of a dark reddish-brown Colour, and of an oily and somewhat bitterish Taste. Of these, roasted and separated from the Shells, is made Chocolate.

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Chocolate is very nourishing, restorative, and fattening; it is very oily and soft, and cannot but afford a suitable Nourishment to weakly and decaying Constitutions, especially if the Stomach is not too far impaired to receive and digest it. Its Oil seems to be both alimentary and anodyne. This Oil, combined with its own Salt and Sugar, makes it saponaceous and cleansing, by which Quality it often excites Appetite, and helps Digestion; it lubricates and sheaths acrid, salt, and sharp Humours in the Bowels, and therefore is good in the Cholic and Gravel. The *Indians* make Bread of it.

## Of SUGAR.

### SUGAR.

**T**HE Sugar-Cane: grows in both the *Indies*, and is a Kind of Reed, arising to be six or seven Foot high, full of Knots or Joints, at each of which grow two long narrow Leaves, of a bluish-green Colour. The Inside of the Stalk is full of a soft spongy juicy Pith, of a very sweet Taste. Of the Juice of this Cane Sugar is made, which at first is brown and coarse, called *Muscovade*; this, by often refining, is brought to different Degrees of Whiteness. The Sugar-Candy is made by boiling the Syrup of Sugar to a high Consistence, and setting it to chrySTALLIZE; and according to the Fineness of the Syrup, the Candy will be white or brown.

The medicinal Effects of Sugar vary something, according to its different Degrees of Fineness; the browneft is most sweet, because there is most of an oily Nature in its Composition, which makes it more adhesive to, and abide longer upon the Palate; it is also more opening, and therefore best to use in



purging Syrups, and in Clysters. These coarse Sugars are so gross and viscid, that if much used they foul the Glands, particularly those of the Skin, and occasion many scorbutic Symptoms. The finer Sugar has more of a binding Quality; but the finest of all has a deterfive one, and is therefore useful where Phlegm abounds; for it cuts and attenuates viscid Humours, and promotes Expectoration. Of the drossy Part of the Sugar, called *Molasses*, or Treacle, is made a Spirit, or Brandy, which comes near in Taste and Virtue to French Brandy.



AN  
ESSAY  
ON  
SICKNESS and HEALTH;

Wherein are contained,

All necessary Directions for the Regulation of  
diseased and healthy Persons.

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CH A P. I.

Of the A I R.

*We cannot live without the Air. What Cautions  
a Physician should give about the Air.*

**T**HE six Non-Naturals denote the Air, our Diet, Motion and Rest, Sleeping and Watching, Evacuations and Suppressions, and the Passions of the Mind. This Element, I mean the Air, is of so great Moment to Mankind, that, as we cannot live many Minutes without it, a Physician should give exact Cautions to his Patients in the Choice of it : In Health how to preserve it, and in Sickness how to recover their Vigour. But this cannot be effected without taking a View of the Qualities of the Air ; and also of the Nature of Diseases.

*What the Air is accounted to be. The Advantages of  
Respiration and Perspiration.*

The Air is a Composition of many Particles, floating in a subtile Medium ; to be pure and sincere, it should be often purged with Winds, from its noxious Vapours ; it should be now and then watered with gentle Rains, in order to wash down the Salts abounding in it ; it should be temperate, that is, neither inclining to Heat or Cold ; it should be heavy to a certain Pitch ; it should have no Corruption in it, drawn up to it from the Earth, or any neighbouring Places. Such an Air is fit for healthy People to breathe in. Such Air stretches the Lungs, and fills all the Vesicles, and so sets the Blood forward in its due Course ; it therefore assists in promoting Perspiration, and in preserving Health: The Advantages of Respiration and Perspiration are such to Mankind, that nothing but Death and Diseases must ensue any Deficiencies in them : And as it mingles with our Spittle, it also has some Share in creating or destroying our Appetite.

*The Weight and Elasticity of the Air.*

The two most remarkable Properties of the Air are its Weight and its Elasticity, by which it rushes into all Corners ; the more weighty it is, the less it acts by its Elasticity ; Cold increases its Weight, and Heat the Elasticity : These distinct Powers therefore are equal, but contrary. By these Powers it is, that the Air rushes into the Trachea, Bronchiæ, and Vesicles of the Lungs, and blows them up, so that the Circulation may succeed with Ease ; the Blood, upon their sinking is compressed, and broken into small Globules, and is driven into the left Ventricle, which sends it into the whole Body. If  
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Respiration then goes successfully on, the Blood is received and returned : It is prepared to enter the minutest Vessels ; and by this Mechanism, as one of the chief, we are continued in Life.

*What Perspiration and it's Consequences are. Why the Air raises or destroys our Appetites.*

Perspiration is a Consequence of a regular Circulation ; the Pores are fram'd for exhaling the Steams of our warm and rarefied Blood, which are so numerous, as to hurry on dangerous Diseases upon their Retention, particularly if we feed plentifully : And the Air contributes to create or destroy our Appetites, because it is evident, by many Experiments, that the Air contains an acid Spirit : 'Tis this Spirit which mixes with the Salt of Lime in Walls, and makes the Halonitre we find upon them ; it is this Spirit in the Air, which makes our Brass Locks and Hinges turn green, by extracting the Verdigrease ; and therefore it is this Spirit which gives Citizens keener Appetites in the Country than they have in Town : It mingles with their Spittle, and is swallowed plentifully into the Stomach ; it twitches it, and gives them a Sensation of Hunger : And the Smoak in Cities, blunting this Quality of the Air, makes their Appetites less keen.

*What a pure Air is necessary for.*

A pure Air, therefore, is simply necessary for Life ; it keeps our Fluids, *ceteris paribus*, in due Order, that they may not be too much rarefied, nor too compact, that they may be pushed forward into the utmost Reccesses of our Body, that by Motion they may be divided into minute Particles, and may thereby be prepared to enter into Strainers fitted to receive them : It helps to make our Fibres duly elastic, by  
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which Force, the Fluids are regularly returned : And, in short, we advise this Air to all who are, or desire to continue, in a perfect State of Health. However, as such Air is hardly found any where, it is impossible to avoid Sickneſs long, unleſs we recompence the Damage received from the Foulneſs or other bad Qualities of it, by ſome one or more of the other Non-Naturals. Every Country has ſome Properties of Air inconvenient for Health ; for ſome are too hot, others too cold ; others are fenny, whilſt others are mountainous ; all which Differences give Riſe to ſome Diſorder or other ; which if not regarded and amended by the reſt of our Non-Naturals, we muſt of Neceſſity ſuffer for it ; and when we are under the Laſh, and diſabled from relieving ourſelves by ſuch a Regimen, we muſt then change into an Air ſtocked with Qualities contrary to the Nature of our Diſeaſe.

*Moift Air.*

The Air of Fenns is moiſt, and ſtocked with Steams, which are various according to the Minerals that lie under them : From whence it follows, that beſides the Moiſture, which relaxes our Fibres, and ſtops our Perſpiration, there are Qualities unknown, hourly drawn up into it, and which a Phyſician, who lives upon the Spot, ſhould be well informed in, if he aims at his Patient's Safety. Moiſture is a Menſtrum for Salts of any Kind, and ſome Salts fit Sulphurs alſo for a Diſſolution ; ſo that both Salts and Sulphurs may float in ſuch an Air : And when Air is thus depraved, what Miſchiefs may we not expect from ſuch a Boſom-Enemy ?

However, if Neceſſity obliges People to dwell in ſuch a Country, they muſt ſtudy to amend the Moiſture of their Abode by removing Woods from them : They muſt alſo dry up their Ditches, and keep

keep their Houses well aired with large Fires: They must exercise often and much, in order to exhale the Superfluities retained by the Stoppage of Perspiration; which they may promote also, by frequent Brushing: They must take less Sleep than others; give themselves up to a chearful Life: They ought to drink Liquors, and eat Meals of a warm Nature, and if it were known from what peculiar Minerals those Salts and Sulphurs did exhale, it would be easy to find out some Specific against their noxious Steams. But for such who are under no Obligation to dwell amidst Destruction, let them hasten their Departure, if they would avoid Consumptions, Agues, Fevers, Quinsies, Pleurisies, Fluxes, and a long Train of violent and almost invincible Diseases, such as *Essex, Suffolk, Lincolnshire, Lancashire*, and other moist Countries fatally experience.

### *Dry Air.*

A dry Air contains saline Particles in it, undiluted; and therefore, well fitted to occasion Diseases proceeding from Acrimonies: These Salts are swallowed down, and even enter our Pores; they introduce Consumptions and Dysenteries: Not only do they enter our Blood, but the Drought promotes Perspiration too much, and exhales the watery Parts, and leaves the Salts in Clusters within us; so that the Fibres may easily be fretted into Ulcers, Pains, Inflammations, and such like Disorders. Since then, this is the Case in a long dry Season, which however is seldom the Case in *England*, and were it, yet it is experienced to be universally healthful, we are now to consider how to remedy the Excess of Perspiration, and the Abundance of Salts nestling in our Fluids, by the other Non-Naturals.

Our Diet must consist of such Victuals and Drinks as will not easily perspire, and as contain few Salts  
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in them; wherefore Cucumbers, Melons, Lettice, Spinage, and such cooling Things, are convenient; Milk-meats, Water-drinking, Gruels, and Panado's are to be used freely: We should exercise little, sleep much, wear thin Clothes, and live a calm, serene Life.

*Catarrhs, and Asthma's, how caused, and amended.*

As Catarrhs depend upon a Retention of too great Moisture, they who are subject to them, should, if they can, retire to a Place where the Air is dry: It is for this Reason we order consumptive Persons, who become such by Defluxions, at the Beginning to repair to a dry Soil, where the Gravel or Sand being very deep, sucks up all the Moisture, and little of it is drawn up again into the Air, so that Showers of Rain do little Harm. The same holds good in Asthma's; for where the Lungs are habitually crouded with Humours, the Retention of the Perspirable flows thither, as to a Sluice, and endangers those Inflammations of the Lungs Asthmatics are so often subject to.

*Agues and Fevers, how prevented. Rheumatic Pains, how cured.*

A dry Air shares greatly in preventing Agues, and feverish Disorders, when it is so temperate as it generally is in *England*; for without Perspiration, we must expect Catarrhs and Fevers of all Kinds. Rheumatic Pains, hatched and fostered in a moist Air, are readily removed by shifting into a dry Habitation, unless the Blood be much depraved. In short, wherever a due Perspiration is required, as it is in most Cases from Fulness, Patients must be advised to live in a dry Soil, that the Atmosphere of Vapours exhaling from the Earth may be as small as possible.

*Hot*

*Hot Air.*

As Air is elastic, Heat augments this Quality, and evolves the Particles of the Æther, so that it then occupies a much greater Space than in its natural State, and Bulk for Bulk, weighs less. The Effect of this Rarefaction is very considerable in human Bodies; for the Globules of the Blood grow large thereby, in as much as the Air they contain is also diluted to the same Degree as that of the Atmosphere; therefore in hot Weather the Blood is rarefied, and its Principles are exalted, so that we fall into Fevers and Eruptions, our Perspiration is encreased, and Effervescences are raised in our Fluids.

We study to balance this Excess of Perspiration by a cooling and diluting Diet, which clogs the Hurry of our Fluids, and consequently curbs so great an Evacuation: Sleep and Rest contribute their Share in abating the Circulation; for Motion and Watching would move the Blood and Spirits too excessively. We try to promote a Stool or two every Day, which keeps our Body cool, and we keep free from any excessive Passion. Immersion also is convenient in such a Case; it closes the Pores, and, if we stay long in, chills our Blood.

*How cachectical People, anasarcaous Dropsy, a Hydrocephalus, and cold Head-Achs are relieved.*

However, there are certain Distempers that a hot Air is very conducive in: Cachectics of a cold, phlegmatic, watery Constitution grow easier by removing into a warmer Country; the Anasarca abates, when other Things have failed by burying up to the Neck in warm Sand. In a Hydrocephalus, the Warmth of the Nursery is absolutely necessary;

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it exhales the Serum, which abounds too much in the Fibres. 'Tis the Warmth of the Fomentations which makes them effectual in this Distemper. Cold Head-Achs, if they are habitual, are best remedied by removing into a warmer Country. The Reason of these Head-Achs is a Stoppage of Perspiration, and a Grossness of Blood, ensuing thereupon, so that till the Blood becomes rarefied, and the Perspiration is restored, the Distemper will continue.

*Palsies hard to cure in Winter, and why. Bath Waters useful in cold Palsies.*

It is a hard Task to cure Palsies in the Winter, because the Cold hinders the Perspiration, and thickens our Humours ; whereas in Summer our Humours are rarefied, and the Perspiration is encreased, and all this is effected by the Heat of the Air, especially if it be dry. The Bath Water, by its Heat alone, attenuates our Fluids, and sets them in Motion, and cures this Distemper, I speak of cold Palsies, where the Blood is gross by the Abundance of Phlegm ; for in such Palsies as are produced by a genuine rheumatic Blood, and are fresh, by this Mistake you will not remove the Palsy, and moreover you would hurry on a Phrenzy. In fine, wherever Rarefaction is known to be of use, advise your Patients to remove into a warm or hot Air.

*Cold Air.*

When the Air is cold, it abates of its Elasticity, but encreases in its Weight, as we find by the Barometer : It is therefore that our Blood in Winter becomes more compact and gross, and less apt to steam and throw off Effluvia by the Pores ; wherefore winter Diseases are Coughs, Asthma's, Pleurisies, and Inflammations of the Lungs ; for want of Per-  
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piration the Blood is filled with Contents, which ought to have evaporated into the Air; and with the Abundance of acid Salts that abound in the Atmosphere, it thickens and stops in the smallest Channels, and so brings on inflammatory Disorders.

Now it is that every one knows we must keep warm, by heaping on Clothes, and making our Chambers hot: We must eat more plentifully, and drink more generous Liquors; Exercise comes in Fashion, and so we keep warm; Sitting up late is conducive; because Watching, as *Sanctorius* observes, moves the Blood from the Center to the Circumference; that is, it makes the Blood move swifter, and, by Consequence, destroys its Cohesion and Grossness, and enlarges the Perspiration. The Passions should incline to Mirth and Jollity, which move the Blood briskly on; and for this Reason, Assemblies, Comedies, and Gaming do usually go forward.

*Cold Air relieves Madness, Spittings of Blood, Faintness, and Hæmics.*

There are many Diseases a cold Air contributes to cure. In Madness, the cooler the Air is, the less their Juices ferment; and such as are held with this Disease, are always kept cool: They bear Colds and Hardships with Ease, and they serve to curb the Fury of their Spirits. In a Spitting of Blood this Coolness serves to close up the Vessel, and occasions Blood to take upon the Orifice, and so heals it. In Constitutions apt to faint with Heat, how suddenly are such Faintnesses, or the Dispositions to them relieved by Admission of cool Air? The Heat that rarefies the Blood too much, makes the Circulation so brisk, that the Heart is not capable of pushing it forward, but the cool Air presently condenses their Blood to a proper Consistence, nor does

it then hurry on ; so that the Heart receives and returns its Load with Ease. Cold Air is remarkably useful in Hectic Fevers, so that the Country Air, which is cool and fresh, is almost a present Relief to hectical Citizens. Whenever then the Blood and Juices are found to be too thin, too bileous, and too hectical, advise a cool Country Air to such for their Relief.

*Air too light, or too heavy.*

The Weight of the Air diminishes or increases ; so that it is heavier by a great deal at one Time than another : The Reasons of this Weight, as Dr. *Halley* thinks, are either an Accumulation, or heavy Vapours, or an Evacuation and lighter Vapours blended and floating in the Air. Air too heavy makes a gross and viscid Blood and rigid Fibres, so that all the cold Distempers arise from such an Air : Whereas Air too light, renders our Blood too thin, and often makes our Fibres too lax, by over-stretching them.

*Light Air rarefies the Blood. A Spitting of Blood may be raised by too thin an Air.*

The more rarefied Blood becomes too much dissolved, by exposing Persons to too light an Air ; and any Person whose Blood is too thin, and Lungs very tender may get a Spitting of Blood by mounting up to a high Mountain. The Column of Air on high Mountains is much shorter, and consequently lighter, than that of Plains. Captain *Halley's* Trials on *Snowden* Hill prove, that the Mercury settles an Inch for every 310 Yards of Height ; then at the Top of the Hill, which was 1240 Yards high, the Mercury would settle four Inches ; so that the Column of Air in such a Height, and of an Inch Diameter, would

would be lighter by 21 Ounces, 6 Drams, and 2 Scruples; from whence it would follow, that the Blood, having such a Load taken from it, would swell, and distend the Vessels, and, at least, would occasion a Shortness of Breath. The same Dilatation would happen to bottled Liquor carried to that Height, the Air contained in the Liquor would rarefy to the same Pitch with the Air without, and break the Bottles.

They who live in so light an Air, are generally People of quick Parts, their Blood and Spirits are of a loose Texture, and their Vessels are enlarged; so that the Brain is supplied with all that is necessary for performing its Functions well: And moreover, their Fibres are pretty strong and elastic, because mountainous Places are generally cool, as appears by Snow's lying all the Year round on high Hills; as on *Cheviot* in *Northumberland*. Besides they are generally rocky, which makes them cool and void of Vapours; for were they moist of themselves, their Fibres would be flabby, and they would be subject to Dropsies, which they are not.

*What happens to us, when Cold succeeds excessive Heat.*

When Cold immediately succeeds Heat, Perspiration is remarkably curbed, and that brings on Fevers or Coughs; and when Rain and cold Weather succeed dry and hot, then it is we find tender People fall down in Pleurifies, Fluxes, Fevers, Coughs, and rheumatic Pains: Here is a Change from a rarefied Air to a condensed one; and from a rarefied and elastic, to a compressed and non-elastic Medium; such sudden Changes all Islands are subject to, and consequently the Blood and Fibres must suffer in Proportion: Cold and Moisture do both stop up our Pores, and subject us to all the Diseases

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(which are very numerous) a Repletion of aqueous, sulphureous and saline Humours are capable of producing; and such is our Perspirabile, according to the learned *Bellini*.

*The Causes of Agues and intermitting Fevers, Pleurifies or Peripneumonies in Autumn.*

In the beginning of Autumn, after the Heat of the Summer, Observation shews, that the human Body is in a greater Degree of Laxity than at any other Time of the Year. Agues and intermitting Fevers, which proceed from lax Fibres, being then more common than in any other Season: The cold Nights begin to come on, though the Days continue warm. The Heat of the Days, therefore, the Laxity of the Solids, and the Tenacity of the Blood, all contribute to hinder that Division of the perspirable Matter, which is requisite for its passing through the Pores of the Skin in Sleep; the Time in which we should perspire most.

And it is no Wonder if the Blood, which is already running into Grumes, should be coagulated in the smaller Vessels of the Pulmonary Artery, and sometimes in the Pleura, by the saline and sharp pointed Particles of the cold Air continually acting upon it. Thus the Lungs and Pleura are from these Causes, and in this Manner, obstructed with a viscid Blood; whence proceed the Inflammation and Symptoms of the Pleurisy or Peripneumony, viz. Pain of the Breast or Side, or of both, Difficulty of Breathing, Cough, and Fever; and those often attended with an intermitting Pulse, from the Blood being impeded in its Circulation through the Lungs.

*The Causes of Pleurifies in the Spring.*

When a Pleurify (or, as some call it, a Pleuripneumonic Fever, when both the Lungs and Pleura are affected, as they generally are) invades in the Spring, it is owing to sudden Changes of Weather, as well as in the Autumn: But as in the Spring Season the Vessels are more full, from the Diameters of the Pores having been lessened by the preceding Cold of the Winter, and the Solids also more rigid, the general Method of Cure will vary a little; Evacuation being then more required than in the Autumn. For upon the Approach of the Heat, the Blood begins to be in a State of Rarefaction, which is much increased by the greater Rigidity of the Fibres in the Spring than Autumn. Therefore without Evacuation in a proper Manner the Obstruction, and Inflammation thence proceeding, must be productive of hasty mortal Effects.

*Putrified Air.*

A putrified Air, is when the Particles of Air (which are watery, saline, and sulphureous too) have never been purged by Winds, but have stood still a long Time, and its saline and sulphureous Particles have fermented together, and have contracted a dampish Mustiness: Rooms in most Houses, which have not been aired, either by Fires, or opening the Windows and the Bed-clothes, and other Furniture of these Rooms, also abound with a putrid Air; It is as wholesom to lie in a Grave, from whence dead Bones have been dug out, as to sleep in such a Chamber, or lie in such Beds. All Caves and Dungeons have this putrid Air in them; and any Place, which is on all Sides so surrounded with Hills, as to give no Out-let to the Air, (for Winds

blow horizontally ; and therefore only scum off the Top of it) must needs abound with such a putrid and malignant Quality ; Steams of various Minerals exhaling from the Earth, standing still, and being unmoved by Winds, must breed such a malignant Quality in the Air.

*All epidemical Diseases arise from putrified Air.*

There is no doubt but epidemical Distempers may arise from such putrid Air ; Moisture, and a close Warmth, dispose the Air to it. If Seats moated round are often infested with it, the Calmness of the Weather, and this Moisture together, join to make a most unwholesom Medium to breath in. Damps are a corrupted Air. The later Philosophers suppose that the Earth (attracting Acid and Water) makes a Salt ; they suppose that the Earth grows feeble in attracting, and then the acid Spirit is lost, or changed, and the Air putrefies ; and if the Air of a whole Country putrefies, pestilential Diseases arise, because the Air becomes universally infectious ; and as excessive Heats, like Fire, destroy this Spirit, they also bring on pestilential Diseases.

*Why some escape epidemical Diseases.*

The Air sometimes contracts by Attractions and Repulses, that is, by Fermentation, almost a caustic Quality ; and all Authors do agree, that there is either a caustic acid, or volatile Salt in the Air, in pestilential Seasons ; and as most People's Juices are stocked with fit Particles for the Purpose, therefore most People are seized in so depraved a Season ; and the Reason why some few escape is, because the Blood has Particles of such a Nature as to blunt these Salts, or stop their Fermentation, which they  
breath



breath and swallow down with their Spittle : This is the Case in epidemical Diseases.

*Why the Air of high Seats is pure and dry.*

Having descended to most Particulars, we now come to consider the Conditions of the Air in certain Places ; I have already observed, that Seats placed moderately high, have a thin, but pure and dry Air ; the Thinness depends on the Height, the Purity on being exposed to the Winds, which purge it, and the Driness, on the Moisture's dripping down from it, in all rainy Seasons : It must follow then, that such a Seat will be healthful, (because the Blood will be gently rarefied) it will be kept pure and sweet, and be without Moisture ; it will therefore breed a good Appetite, promote Perspiration, and be elastic.

*Seats placed on a Slope are unwholesom. Hilly Countries are moist.*

Such Seats as are placed on a Slope, with Mountains on the East and South Side, must be unwholesom, because they have little or no Sun comes to them, and consequently will be moist and foggy ; the Vapours which should be exhaled, will lie upon the Earth, and hinder Perspiration ; and if Hills lie on the North and West, the Heat will so beat upon them, as to draw up vast Moisture, and make the Country moist : Hilly Countries are generally moist ; the Height of the Hills dashes the Clouds, and makes them either gleet down into the lower Grounds through the Crannies of the Hills, or drop into Rain, witness Mr. Townley's Account of *Lancashire* \* : Where he computes, that they have more Rain at *Townley* than they have any where in *England* besides. So that Mountains are either rainy or

\* Phil. Transact. N<sup>o</sup>. 208. p. 51.

snowy, and are therefore either too cold or too moist to be inhabited.

*How and when Champaign Countries are reckoned wholesom.*

Champaign Countries are generally wholesom ; but this Plain should be well guarded against the Moisture of the neighbouring Hills ; there ought to be Drains, natural or artificial, to carry off all Moisture : It must not be a Vale surrounded with Hills, though at a great Distance, for then it would be a Reservoir for all the Waters they can deliver into it : But it must be a good Soil, under which is a Sand to suck up all the Moisture of the Heavens, for it ought to have none of its own. The deeper they are obliged to fetch their Water, the better : And I believe we need not have much Fear of excessive Heats in *England*. We may, in short, more readily bring a Plain, well drained, than all other Situations, to all the Purity imaginable, and most easily amend its Faults.

*Why woody Places are unwholesom to build Seats in.*

Woody Places, of all others, are the most unwholesom Air to breathe in ; it is an artificial Air, that corrupts our Juices, and stops our Perspiration, It is not only moist, but it is also stocked with other Effluvia from the Trees, so that it is watery, and either saline or sulphureous, according to the specific Nature of the Trees growing upon the Soil. If we consider the yearly Growth of Trees, in Proportion to the Rain they are watered with, we shall readily conceive, that the Air must partake of the Vapours flying up into it ; for a Plant will suck up twenty Ounces of Water, and at last weigh but two or three Drams ; wherefore it behoves Gentlemen, delighting in Arbors and Nurseries, to consider

der at what Distance they ought to be placed ; and also what Sort of Trees they plant : I believe the Fir, Pine, and all the warmer Kind, most convenient for our Country, because they communicate Particles fit to correct the Coldness of our Air in Winter ; however, neither these nor others ought to be placed too near their House, because the Standard of Air is to be pure, dry and thorough blown, to be weighty and elastic ; and all Deviations from thence must be amended, as much as possible, by some Contrivance or other.

*The Inconveniencies of rocky and open Places. Observations on Rivers and Lakes.*

Rocky and open Places are apt to be too cold, or too hot : In Winter they are starving, and in Summer scorching hot ; and all Extremes are to be avoided ; they reflect the Sun-beams in Summer with too much Violence ; and the Coldness of the Stones in Winter conquer the Sun-beams, and the Air around feels cold. We have already seen what Mischief these Excesses of Cold and Heat do to human Bodies ; wherefore rocky Places are improper for Seats: Rivers and Lakes are moist ; however Lakes are worse than Rivers, because, besides their Moisture, they convey a putrefied Air to us. This Situation threatens nothing but Diseases, as has been already observed.

*What Particles the Sea-Air abounds in. What Conveniences attend midland Countries. What Diseases the Sea-Air is good or bad for.*

The Sea-Air abounds in Salts and Moisture, and it smells sulphureous ; so that here we must expect to suck in an impure Air : *England* is not the wholesomer for being surrounded by the Sea ; from hence it is, we are subject to that Variety of Weathers our Country is noted for : Our mid-land Countries



are the most heathful; and I have observed, that where the easterly or westerly Winds give Rains in Abundance to the Coasts, yet the middle Way between Sea and Sea has then been calm and dry: The Clouds brought from either Sea, drop before they come midway. Persons subject to the cold Scurvy or Eruptions, must forbear living by the Sea-side, because, the Salts being dissolved in Water, the Sun makes the Steams mount up in the Air, and blend with our Spittle, and cluster in our Blood: But yet they whose Juices are too waterish and too phlegmatic, should live at the Sea-Coast. Sheep dying of the Rot, in marshy Parts of a Country, are sent down to the Coast to feed upon that Grass, which tastes brackish, and they are very often returned in Health: Their Blood is watery, and at last turns viscous, and stops in their Livers, and gives them Jaundices, perceived by the Whites of their Eyes: Upon Dissection, their Livers are found to be a Quagmire of Phlegm, and are every where obstructed.

## CH A P. II.

### Of D I E T.

*This Chapter is the most considerable of the Non-Naturals.*

**A**S this Article is the most considerable of all the Non-Naturals in producing Diseases, so it ought to be regarded by the Valetudinary and the Sick in a most particular Manner: But as Diseases vary infinitely; so it is impossible for a Physician to determine on the Diet proper in any Disease, or any valetudinary State, till he considers the various Causes of

of it, and knows from which of those Causes it arises : And thus it is not in our Power to assure Persons, for Example, in a Fever, what Diet they ought to insist upon, till we know what Species of Fever it is they labour under; nor affirm that valetudinary Persons ought to observe any Sort of Victuals invariably, since Tenderneſs changes as the Constitution does ; but that is never alike in all.

It is therefore a standing Rule, that our Meats and Drinks ought to conſiſt, as nearly as can be, of Particles contrary to the Cause of the Disease reigning, or contrary to the Temperament, if they be valetudinary and ſickly. If we are apprized indeed what Health is, and that a Person is of a vigorous Habit, the Diet ought to be ſuch as will continue this State. We will take a ſhort View of a healthy State, that we may the better underſtand a ſickly one.

*What a Conſiſtence of Juices, and what Sort of Circulation is neceſſary for a Perſon to be truly called healthy.*

Health conſiſts in a certain Degree of Elafiicity in our Fibres, a determined Pitch of Mixture in our Fluids, and a Circulation without Impediment thro' the greater and larger Channels, forwards and backwards : If our Fibres or hollow Pipes containing the vital Liquor, and all its Separations, bend outwards, and return again with Eaſe, they ſyringe the Blood and all its Juices outwards, and ſuffer no Parts to reſt or run off, but ſuch as are deſtined ſo to do : If the Mixture be exactly proportioned, it acquires a juſt Degree of Thinneſs, ſo that there is no unequal Texture in it, that is, ſo that one Parcel of it is no where thicker than another ; but being every where equally comminuted and thin, the Juices run off into their proper Strainers, without being retain-

ed, and therefore without depraving the whole Mass; and as a wholesom Consequence of this just Tenuity, the Spirits are separated into the Brain, and run with a due Force through the Nerves every where, whose Presence is of such universal Use, as that without them, the Animal would dwindle into a Carcase.

But as the Circumstances, just named to be a compleat Idea of Health, must also include some Negatives, as well as many Sub-divisions, it must be observed, that descending to Particulars in Distempers will clear up this Notion, and make you comprehend my Meaning very readily: Wherefore I shall remark to you, how our Bodies are affected in Sicknes, and how many Ways we can be sick.

*From whence spring Diseases. What a Pleurisy is. How to know a rarefied, and viscid Blood.*

All Diseases then are Consequences of the Blood, Solids, or extraneous Bodies offending in Quantity, Quality, or Motion; their Excesses and Deficiencies, their Species and Properties; their Quickness and Slowness, or their Sensibility and Insensibility are the Subjects of our Enquiries; when these come to be combined, they acquire certain Denominations, which we know by their pathognomonic Signs; so when Pain is joined to a Fever, a Cough, and a Difficulty of Breathing, we call this a Pleurisy: But the Causes of this Collection of Symptoms must be found out by a particular Search made into the Faults in the abovesaid Quantity, Quality and Motion: For Example, we know by the Fulness and Swiftnes of the Pulse, that the Blood is rarefied, and fills each Section of the Vessels more than in Health: We know also, that it moves on too rapidly, we see by the Buff upon it, that it is viscid and gluey, and therefore apt to stick to the Ends of the smaller Vessels, and so produces Pains. Our



*Our Diet answers the End of Physick in most Cases.*

Diet answers the End of Physick in all its Extent, save that of the Time; and in this Point we are often at a Loss in depending on Diet only; if Diseases are much rooted, and run their Seasons swiftly over, as many of them do, we must have recourse to Drugs, which contain Particles eminently resisting the reigning Taint of the Blood: Otherwise we can answer all the Ends of Physick by our Meats and Drinks. If we have played the Gormand in some of our preceding Meals, we must fast from Breakfast and Supper 'till we have brought ourselves to be tolerably easy; if our Stomachs are loaded with a Quantity of Humours, we have a Diet of Barley and Plumbs to evacuate it gradually; if we have brought on Diseases by fasting too long, or violent Exercises, or Evacuations have exhausted us, we must encrease our Meals to such a certain Degree as will repair the Loss. And not only are we able to supply Nourishment, but we have even a Diet which will cure any Sort of Evacuations; let the Blood be vitiated any how, we are furnished with Materials in Diet, which will surely remedy the Fault; and, lastly, if the Blood's Motion be too much accelerated or retarded, we can draw, from the Kitchen, Meats and Drinks suitable for the Condition the Juices are then under.

*The Usefulness of proper Diet in most Diseases very great. There is a great Difference among acute Diseases.*

And as this Assertion on the Usefulness of Diet is a Truth of Experience, it will now evidently appear in most Diseases we shall have occasion to descant upon; I shall pitch upon some of the main Dis-

Distempers, and which principally demand the Physician's Care. However acute Disorders may agree in some Particulars, there is a vast Difference among them ; many of their Circumstances vary ; so that the Diet must also be changed in some Particulars.

*Ardent Fevers ; The Signs, Causes ; Cause of the Symptoms, and Cure.*

As Fevers are the Dart that strikes us most frequently, the greatest Regard must be had to our Diet in them : To determine which we must take a View of the different Species of them. In this ardent Fever, the Pulse is thick and strong, and they melt with Heat in a violent Manner ; such labour under the following Symptoms : The Fulness of their Pulse denotes the Rarefaction of the Blood ; the Swiftnefs of it denotes the Quickness of the Motion ; the Pain of the Head shews the stretching of the Vessels to overlarge Dimensions from the Fulness, which Pains are the most violent of any, by Reason of the Pressure of the Membranes ; the Difficulty of Breathing springs from too plentiful an Influx of Blood into the Vessels of the Lungs, so that they become thereby rigid and unfit for their Expansion ; the Urine in such is generally red and high-coloured from the Nature of the Salts reigning in the Blood ; the Thirst depends on the Exhalation of the thinner Parts, by Reason of the Excess of Heat within us ; the Watchings, from the quick Circulation of Spirits through the Nerves ; Ravings from the Accumulation of Juices, their Stagnation, and Inflammation of the Brain ; the Bleeding, from the Rarefaction of the Blood to such a Pitch, that the Vessels cannot resist the Load, but crack and spill their Contents ; Pain any where, from the Blood moving on too briskly, and distending the Capillaries too much. In

In this Case, the Diet must consist of such Parts as will dilute, divide, and keep the fermenting Particles at a sufficient Distance from each other; as also of unactive Parts, or of such as will sheath the sharp Salts of the Blood, so as they cannot prick, tear, or gall the Parts; and lastly, of such as are opposite in their Properties to the Salts in the Blood: Wherefore the Diet here should consist of Barley or Oatmeal Gruel, Panado, Jellies, with the Juice of Lemons, roasted Apples, light Puddings, Tarts of Apples, Plumbs, Currants or Rasberries, Almond or Chocolate Tarts, Jellies of Barberries, Goosberries, Damsons and Pippins, of Lemon or Orange Cream, Rice-Cream, Fumety or Flummery; their Liquor should be Barley-Water, with the Juice of Lemon squeezed into it, Cyder or White-Wine-Whey, Lemonade, Emulsions, Decoct. Alb. Tincture of Roses, Fuller's Decoct. Coccineum, or his Decoction of Tamarinds, Ptisans, and such like. It is not proper to give them milky and sour Liquors in one Day, for Drink, because the Sour precipitates the Curd from the milky Liquor, and it lies heavy upon the Stomach.

*Slow Fevers, Signs, Causes, and Cure.*

In slow Fevers, the Pulse is weak, though quick, and the Heat is not much exalted above the natural Temper: The Symptoms, though numerically the same, yet differ in their Cause widely; namely, the Ravings proceed from the Want, and therefore the irregular Excursions of the animal Spirits, which Penury arises from the Viscidity of the Juices: The Nerves also, in this Case, are relaxed, and become incapable of receiving their due Impressions: The Thirst depends upon a Thickness of the Blood, for Secretions are analogous, or of a like Nature with the Blood from whence they part, and the Tongue



is loaded with a white or brown Matter, which glues it and the Jaws up, and makes us desire Diluters to wash it off: Pains of the Head, or elsewhere, in which the Patients complain of Heaviness, arise from a gross and thick Blood sticking, for want of free Passage in the smaller Vessels, and distending the Membranes, and giving us uneasy Sensations: The Watchings are from Distention in the Brain, raised from the grosser Particles lodging and stagnating; the Vessels being thus filled, an Uneasiness is raised, and Watchings ensue: The Urine is pale, because the watery Parts only flow forth, the other not being well digested; no Tincture can be given, for the Colour of our Water depends on the Salts and Sulphurs of our Blood, well extricated and freed from the grosser and unactive Parts. The Bleedings are produced in the following Manner; wherever the smaller Vessels are bunged up with gross and cohesive Juices, the Blood stops at those Points, and the Vessels behind swell, 'till they lessen of their Thickness, and so crack and spill their Contents; Pimples and Spots are more frequent here than in burning Fevers, because they depend upon Humours more or less viscid, sticking to the Capillaries, and so puffing up the Parts obstructed, or causing Spots without any Unevenness in the Skin. Startings and Tremblings also are very common in these Fevers, and pretty early; for a gentle Heat or Struggle in the Juices evaporate the Spirits, and makes them run irregular Courses into their conveying Channels, the Nerves; so that when they run into any one more rapidly than another, and fill that Nerve, the Nerve being in its own Manner blown up or duly stretched, is drawn back towards its Original, and shortens; the Muscle then, to which this Nerve runs, will, for the Time being, be moved, that is, it will start; and this is the Reason of those dancing Motions we observe most in slow Fevers in the Wrists, when the

the Sick draw towards Danger. The cold Sweats are caused as the Paleness of the Urine is, namely, by an oozing of the thinner Parts from the thicker, as appears by their Separation in the Dish when let out; for the Blood's Texture is very unequal, and moreover from the Flaggingness of the Fibres, suffering the thin Parts to glide readily through their Outlets. The Faintness and frequent Swoonings observed, are plain Arguments of a Stop of Circulation in the Heart, from a want of Spirits in those Nerves; which having no Source or Supply from the Brain, must fail of their Function, or Contraction of the Heart. The Coldness of the Back in this Species arises from a Want of Motion in the Fluids, which Cessation is produced from a very great Obstruction in the Capillaries thereabouts, and a Rest in the Fluids raises a Sensation of Coldness. But if we take a View of this Symptom in the ardent Kind, we shall soon perceive it to spring from a different Reason, to wit, from the Rarefaction of the Fluids all over us, but a Rest here; this interpolated Motion is not uncommon in human Bodies. Where some Parts are too much pressed upon by the Juices being too much swelled up, and filling the Vessels too full, some small ones are not able to resist this Pressure, and then the Juices are at Rest there; now Rest gives an Idea of Coldness.

I have been the more particular in the Explications of the Symptoms of Fevers, because we may the better see what Diet or Drinks are proper in this Kind. Here it is the more generous Meats and Liquors take place; and therefore Broths of Mutton, Veal, Chickens, Hens or Capons; Wine less diluted, and even a Glass of Wine without Mixture, Tea, Sage-Tea, Harts-horn Jelly, with a little Wine in it; Panado's and Gruels with Wine in them: In all Fevers the Diet should be thin, but in this Species it ought also to be nourishing and comfortable;

able : Thin, because the Blood wants Dilution, the Viscid is attenuated and divided by Liquors which are watery, and taken down hot ; and cordial, because in this Kind the Spirits must be supplied. In all Fevers which terminate in a Crisis, we avoid Flesh-Meats, because the Ferment of the Stomach is now depraved and very scanty, and because the Fibres of it are too tense, so that the Victuals are either thrown up again, or downwards, or so vibrated as to render the Diseased very thirsty. And thus I have shewed, upon a reasonable Foundation, the Management of People in Fevers, in their Meats and Drinks.

*Pleurisy, its Symptoms, and Causes.*

In Pleurifies, Peripneumonies, and all Inflammations of the Viscera, an uniform Diet is required. We will take a short View of the Symptoms of some of the most considerable internal Inflammations ; and from them plainly shew what Sort of Regimen is convenient for them. In a Pleurisy, they have first a Pain in the Side, then a strong Fever, the Pulse is strong and hard, they breathe short, and have a troublesom Cough ; these are the distinguishing Signs of this Disease, others attending occasionally need not be strictly regarded. This Pain depends either upon the Grossness of the Blood, which in this Disease is visible upon the Cake, of a yellowish Hue, and so tough, that a Knife enters it not without a strong Resistance ; which is frequently occasioned by Over-heats, and imprudently drinking cold Water upon them ; or upon the Stiffness of the Parts themselves caused by catching Cold, or exposing ourselves to the chill Air ; for, as our Fibres and Tubes are ductile and yielding, the Air has a great Force upon them, and renders them sometimes too flabby, and at other Times too rigid  
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and stiff; but in either Case, the Spring of these Fibres, by which the Blood is syringed forward, is abolished; therefore the Blood will stand still in these Capillaries, and a Stop will be put to the succeeding Mass; for which Reason, the circumjacent Fibres, on the Side from the Heart, will be inflated, that is, inflamed. As soon as the Inflammation is fixed, the Fever begins, for then the Hurry commences, and the Blood is hastened outwards by the strong Agitation and Compression of the Fibres, occasioned from the Pain, and is thereby divided into minute Particles, and rarefied: When the Fluids are brought into this Condition it is easy to conceive how the Pulse is enlarged and hardened, for the Blood taking up much more Space than it did in a natural Circulation, it thrusts the Arteries more outward, by filling them more, and the fuller they are, the harder they grow; and from this same Fullness it is, they breathe short, in Proportion to the Quantity the Vessels contain; for the Vesicles of the Lungs grow rigid when the Vessels are too full, and therefore cannot reciprocate the Air.

*Inflammation of the Stomach: Signs, and Causes of those Signs.*

In an Inflammation of the Stomach, the following Signs are observed; a Pain, a Fever, a Swelling, and a Vomiting: This Pain begins in the same Manner as was said in the Pleurisy, and so does the Fever and Swelling; and for the Vomiting, we may readily conceive how every thing they take is vomited back; for how is it possible so sensible a Part as the Stomach is, being very membranous and nervous, can bear the Touch of Victuals or their Pressure without being put into Tremblings and Shocks, that is, into Vomitings; do we not experience this daily in outward Inflammations, how

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uneasy are the Patients, and how much afraid are they upon the least touching of the sore Part?

*Inflammation of the Liver, and the Signs of it. The Causes of these Signs.*

In an Inflammation of the Liver, the Signs are, Pain on the right Side, a Fever, a Swelling there, a Jaundice, a Difficulty of lying on the Right, and a Vomiting, with a dry Cough, and Difficulty of Breathing. The Pain, Fever, and Swelling, are accounted for as above; the Jaundice depends upon a Stop put to the Secretion, because all the Ducts are bunged up, and the bileous Particles of the Blood must remain in it: As the right Side is the Part affected, Pressure cannot be agreeable to it: And what is lying on the Right, but pressing the Liver, with its own and the whole Bowel's Weight? The Vomiting is from the great Pressure of the Stomach by the Liver, and Diaphragm, and also from Steams of the Liver entring and twinging it. The Breath shortens, and the Lungs are affected, if there be no Room, or less than usual, in the Belly; for then the Diaphragm is pressed upwards, and cannot be stretched downwards, and consequently there must be less Space in the Breast for so large a Draught of Air, than there should be.

*Inflammation of the Kidneys, Signs, and Causes.*

In an Inflammation of the Kidneys, besides the Pain and Fever, there is a Vomiting, a Strangury, and Numbness on the Side where the Inflammation is: The Vomiting is by the Communion of Nerves; for as those of the Stomach and Kidneys come from their Original, wrapt up in a common Case, so their Affections are in common. The Strangury is produced from the Heat and Acrimony of the Blood, and

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consequently in the Urine; the Heat dries up the Mucus that lines the Passages, and the Acrimony twinges the bared Membranes; and as for the Numbness, it depends on the Bulk of the Kidney being increased: That it is so, the Augmentation of Pain in the Part, upon Coughing and Sneezing, makes it evident.

*Inflammation of the Bladder. Signs, and Causes.*

In an Inflammation of the Bladder, these Signs concur; a Pain above the Os Pubis, a Fever, a Strangury, a Tenesmus, and a Redness in the Perineum, as well as a Swelling: We have already explained the Pain, Fever, and Strangury; the Tenesmus arises from the Communion of the Sphincters, so that as they are enlarged, they touch and rub upon each other during their Action, and therefore they both act, as well they may, at once. The Swelling is what attends every Inflammation, which here is visible sometimes.

*Causes of an inflammatory Disposition of Blood: And the Diet proper in Inflammations.*

From all this Discourse, it seems more than probable, that an inflammatory Disposition of Blood depends on a Conjunction of the Viscidity, and an Acrimony; when the Viscid stops any where, the Acrimony exerts itself; from the Viscid proceeds the first Stoppage and the Tumour; and from the Acrimony, the Hurry and every Sort of Irritation: Methinks then, any one skilled in the Materia Medica, may readily conceive what Sort of Diet Inflammations require; for Diluters and Obtunders are always ordered, that is, thin and mucous Diet is the proper Regimen; therefore Panadoes, Water-Gruel, Mallow-Gruel, thin Broths, Emulsions,



Ptisans, must be their Diet and Drink ; for this mucous Diet both envelops the Salts, and dilutes them ; the first Property of these guards from the Points of the Salts, that they should not prick and wound the Membranes, and the second keeps them at a Distance from each other, that they might not jostle and fret in the Vessels, and also hinder the viscid Particles, swimming in the Serum, from combining into too large Clusters : And in Inflammations of the Breast, Custom has prevailed to use an Infusion of Horse-Dung in Milk-Water, for Drink, which is good, because it contains nitrous Parts, capable of inciding the Viscid, and of correcting the Acrimony : And as cold Liquors, or viscid, vinous, or salt Diet, encrease the State of Blood, therefore we must avoid them.

*To what Abscesses succeed. Whence they proceed, and how. How the Matter raises Fevers, Fluxes, &c.*

Impostumations or Abscesses naturally succeed Inflammations : For when the Parts are so highly inflamed, that the Blood within certain Limits stands still, and the Fibres are stretched beyond their elastic Power, they crack and spill the fretted Juices into one common Chamber, and there they rest. It is happy for the diseased if the Part were of small Consequence to Life, and if there were any Outlet for it ; but this cannot be expected in the Bowels, where the Matter extravasated lies, and receives Increases hourly, so that not only the Bowel is turned into a corrupted Mass, but the Blood feels the Smart also ; for every Minute some Parcel of this Corruption is snatched into the Vessels, and being incapable of turning into Nourishment, it raises the Fits of Fevers observable in such Patients, and being an inexhaustible Source, it may be lessened or put off by Art ; but can seldom be

be drained: 'Tis this Matter, taking up its Residence in the Vessels, which is ever and anon galling the miliary Glands, those of the Intestines, and of the Kidneys, to throw off by Sweat, Stool, or Urine, a larger Quantity of Liquors than the Patients can bear; so that in those Abscesses the Patients have the Displeasure to feel themselves die by Piece-meal.

*Signs of internal Abscesses. Of an Empyema, and its Symptoms.*

We will take a short View of the Signs of some of the principal internal Abscesses, that the Diet may be the more readily agreed upon. In an Abscess of the Breast called an Empyema, Signs of an Inflammation have preceded, which are followed by Shiverings, a slow Fever, and a Failing of the Spirits, which Symptoms immediately accompany a beginning Abscess; as soon as it is bred, the Breath shortens, there is a Weight felt in the Breast, Matter is heard, upon moving from Side to Side, to fluctuate, and make a Noise like Water in a Vessel half empty; they have upon them a slow Fever, their Cheeks are red, they are restless and get very little Sleep; they sometimes spit up a purulent Matter; but as *Hippocrates* observes, their Cough is generally rather dry. The Shortness of Breath depends upon the Tension of the Lungs, and the Straitness of the Air-Chamber, for the Pressure is great on the Vessels and Vesicles, and as the Tumour grows daily greater, and breaks, it ouzes large Quantities of Matter into the Breast, till the Cavity allows of no more, and then they are ready to choak upon every Motion: The Floating is heard only while the Cavity is half full, for at last it makes no Noise at all, because the Breast is then quite filled. The Cough is rather dry, because the Ul-

cer is on the inside of the Lungs, seldom in the Trachæa and Bronchiæ, and therefore they can cough up no Parcel of the Matter contained; it may indeed happen, that a small Ulcer may be in the Passage also, and then they will spit up a little Matter: The Redness of the Cheeks depends upon the Fever, as do their Watchings and Inquietudes upon the Acrimony of the Matter, which swims in the Serum without mixing itself with it.

*What a Vomica is, and how it differeth from an Empyema, and the Signs of this Difference.*

In a Vomica the Case is changed and inverted; for as an Empyema is an Abscess on the inside of the Lungs, this is on the outward Passages of them, and therefore there is a great Analogy between the Symptoms of these two Diseases, as there is in their Causes; for here they breathe shorter daily as it encreases, they cough dry for some time 'till it breaks, and then the Matter runs off as from a Fountain, but the Fever, the Redness of the Cheeks, the Inquietudes, and the Watchings, are common to both. As these two agree in all, or most Symptoms, I shall only remark, that the Matter in a Vomica ripened comes off all at once, because it was contained in a Cystis or Bladder, on the outside of the Lungs, and therefore finds its way out, which cannot happen in an Empyema, that Matter being contained in the Breast, from whence there is no Passage through the Channel of the Lungs.

*Abscess of the Stomach, and its Symptoms. Causes of those Symptoms.*

In an Abscess of the Stomach an Inflammation has preceded, and the Vomitings, with which they were infested whilst it advanced no farther, are now  
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loaden with Matter, and sometimes with Rags of Flesh; they have a continual Hickup, the Fever is slow, the Appetite is lost, and they perceive Pain, and an Inclination to vomit upon the least Morfel or Draught they swallow down. It is easy to conceive the Reason of the Vomiting, particularly upon taking Food; for as the Part, to which it is applied, is raw, and extremely sensible, the least Touch makes it uneasy, and then all the Nerves inserted into it are put into Trembling and Contractions, so that nothing can be retained 'till these can act no more, which happens not till the last Moments. The Hickup is but a Commotion of the Spirits in the Nerves of the inspiratory Muscles and the Epiglottis, and any troublesom Sensation in the Stomach and Gullet readily invites this copious Influx into the neighbouring Nerves. And no Wonder that the Desire of Victuals should be quite abolished, since the Fear of the Pain ensuing upon swallowing them down, along with either a total Deficiency of the specific Ferment, or a Depravation of it, makes them throw it down for no other Reason, than to prolong that Life, they want to employ to good Purposes.

*An Abscess of the Liver, and its Symptoms.*

In an Abscess of the Liver, and, indeed, in all Impostumations, we are to enquire into the preceding Symptoms, where we shall find that Inflammations have gone before: In this Abscess, I say the Hectic, the Water, Eyes, and Skin betray it; for if, after an Inflammation of it, these Signs concur, we conclude on an Abscess of the Liver. I have already accounted for the Fits of Fever; and the Colour of the Urine, Eyes, and Skin, are from the Stoppage of the Secretion of the Bile, and therefore the Blood being tinged with this Choler, gives all

the Skin the Hue it has; for all our Colour is from the Blood.

*An Ulcer of the Kidneys, and its distinguishing Symptoms.*

In an Ulcer of the Kidneys, there is an Evacuation of purulent Matter, their Urine is white like Milk upon making, which a little after settles to the Bottom; there is a Pain on the Region of the Loins, a Difficulty in making Water, and a constant Inclination to make it, besides the Hectical Fever. It is impossible so sharp a Liquor as Urine is should pass through the Kidneys, without giving Twinges, if the Parts are deprived of their natural Mucus, any sharp Liquor vellicates them, so much as to give Uneasiness; but if they are bared and corrupted, as they are when ulcerated, this Uneasiness arises into Pain, that is, there is a vehement Irritation raising an Idea of Trouble. Matter and Phlegm differ in their Gravities, because Phlegm swims upon, and Matter subsides in watery Liquors; in this Case then, what is evacuated is truly Matter, which seems to be the Oils of the Blood corroded by the concentrated Acids and strictly united. A Strangury and constant Inclination to make Water proceed from one and the same Cause; for the Acrimony by its Irritation, puts the whole Duct upon frequent Contraction and Twitchings, a small Degree of Sharpness gives a Desire to make Water, and a greater a Strangury.

*An Ulcer of the Bladder, and its Signs. From whence Smells arise.*

In an Ulcer of the Bladder, the following Signs appear, the Matter smells more than in that of the Kidneys, there is a more constant Difficulty of making

ing Water, and the Pain of the Part is continual, the Reason of the Smell is the Stay it makes in the Bladder, and the Corruption of the Membranes, as well as the greater Quantity afforded; for the Smell is in Proportion to the Thickness of the Line that strikes the Nostrils, as may be known by the same Plant, which is sweet scented and stinking at different times: This Smell is yet greater, when the Membrane is so corrupted, as to be thrown off in Scales. The nearer the Ulcer is to the Sphincter, the greater is the Dysury, and the more continual is the Pain; for as this is the Passage for its Exit, and as the Salts of the Urine and Matter are very sharp, and do lie continually upon it, and from the Posture it must do so, therefore both are continual and uninterrupted, which is not so in an Abscess of the Kidneys.

*An Ulcer of the Womb, and its Signs. A general Remark on Ulcers. The Reasons of all the Symptoms in Ulcers.*

In an Ulcer of the Womb, Matter is thrown out, they are feverish, have Pain on that Region, particularly upon Coition, and an Inflammation has preceded; all these Symptoms are well accounted for, by what has been said on other Ulcers: So that it may be deemed as a general Remark, that all Ulcers are accompanied with an Efflux of purulent Matter and Scales, if there is a Passage for them; a Pain in the Part affected, particularly if they are rudely handled, with a hectic or slow Fever, and with an Atrophy, and an Inflammation has always preceded. The Reasons of all the Symptoms have been fairly stated to proceed from an Acrimony in the Juices; which first were viscid,



*The Diet proper in internal Ulcers, Astringents, sometimes useful.*

Let us from this Account take a View of the Diet necessary in such a State, and we shall find that Emplastics, Obtundents, and Balsamics, are proper, such are all Kinds of Milk, Barley Water, the Feet of Animals (in Jellies, or Broths) Oatmeal Gruel, Rice, Almond Milk, fresh Water Fish, as Trouts, &c. River Crabs, and Mead: And that for a contrary Reason we are to avoid Aromatics, hot Spices, salt Meats, and Pickles: These latter fret and gall the Parts too much, they encrease the Hurry of the Blood, and invite the Humours to the Parts, and so would indulge that Secretion, which we study to lessen; but the smooth, and soft Particles, we have mentioned, envelope the Salts, retard the Hurry, and prevent all the Consequences, such are the Atrophy and Hectic. In all Abscesses, you may allow the Patients the Use of Pears, Quinces, Pomegranates, &c. and of Liquors in which Steel is quenched: The light chalybeate Waters are proper, for they dilute, dissipate, or divide the Salts, and they brace up the wounded Fibres, so that they won't yield to too great an Efflux of Matter; from whence the Hectic abates, and the Sweats, the common Consequence of the resorbed Acrimony, as well as the Atrophy from them, do also abate, or at least are warded off for a considerable Time: When the Matter running off is for the Advantage of the Patients, as it is in Vomices and Pleurifies, we are obliged to encourage this Flux, and their Astringency is prejudicial at the Beginning, till the Part is thoroughly cleansed.

*A canine Appetite, its Symptoms, Causes, and Cure.*

A Bulimia or Dog-like Hunger, is an uncommon Disease; however, we sometimes meet with it: If  
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the Hunger continues for any Time, they are either too coſtive or too looſe, and they grow dropſical. Hunger argues ſome Pungency, and this, ſaline Particles in the Stomach, which twinge us into an Idea of Hunger: If this Acidity be a ſtyptic Acid, the Guts become rigid, and then the Excrements are arreſted, and a Coſtiveness ſucceeds it; but if it be a tartareous one it twitches the Intestines into Motion, and a Flux follows: And laſtly an Anaſarca ſeizes them, by reaſon of the Groſſneſs of the Juices ſtagnating every where, more eſpecially where they are to aſcend. In this Diſeaſe then an Acidity is the Cauſe, which muſt be diluted, obtunded, and corrected, by Meats and Drinks as follows, by Canary, Bath-Waters, Chalk-Water with Wine, bitter Wine, and Lime-Waters, by Rice, and Wheat, and by fat Meats: When Acids abound too much in the Stomach, they either give a voracious Appetite, or cauſe racking Pains; but in either Caſe, Spirits of Wine, Brandy, and Aqua Vitæ, are good, becauſe they dulcify the Sour.

*A Pica, its Signs and Cure.*

In a Pica there is an Appetite ſo depraved, as to eat Lime or Chalk, there is a frequent Spitting and an Anxiety: The Appetite is raiſed from an Acidity, and a depraved Idea from the Spirits; the Spitting ſprings from an Irritation of the Glands, and alſo the Deſire, which encreaſes the Trembling of the Nerves of theſe Parts; but the Anxiety depends on the Stagnation of the Blood: The Irregularity of the Idea ceases, when the Acidity is deſtroyed, which is cured alſo by a Regimen like that in the Bulimia, or canine Appetite: They are then Gradations of the ſame Cauſe.

*Acid*

*Acid Crudities of the Stomach, Signs, and Cure.*

In this acid Crudity, there are acid Rustus, a Tension, the Meat lies heavy on the Stomach a long while, the Urine is pale, there is a Cachexy, and a Dropsy, without any Thirst: The Belchings are from fermenting Particles; for where there is no Fermentation, there can be no Flatus; the Tension arises from this Fermentation, for Victuals or Drink raise their Bulks while they ferment, the Heaviness and long Stay on the Stomach, proceeds from the undue Struggle, and too slow peristaltic Motion; the Paleness of the Water, is from the want of fixed or alkaline Salts in it; the Cachexy is from the Loss of the Spring in the Fibres, and from Viscidities in the Mass, and as soon as a Cachexy is confirmed a Dropsy ensues, for these are Degrees of the same Thing, and till a Dropsy is radicated there is no Thirst, because the Salts are not corrosive. Bath Waters are an excellent Drink in this Case, because they both dilute and correct the Acidities effectually: The strong chalybeat Waters do the same. Canary and Water with a Toast in it has a good Effect, because it dilutes and sheaths. The Advantage of Brandy moderately taken, appears by the Damage done to our Appetites with the Abuse of it, where it is found to take off the Edge of our Stomach, and even to abolish it: When, therefore, it is taken with Discretion, it blunts the Acid, and takes off a certain Share of it, where it is superabundant; for it being a Compound of volatile Salts and a rarefied Oil, it corrects and obtunds the Acid. Lime-Waters are of use in this Case, to allay the Points of this Salt. The Diet ought to consist of Sallads, Nasturtiums Horse-Rhadiish, and Mustard, of young Flesh-meat, Flesh Broths, Poultry, and their Eggs. Where Indigestions are frequent, and Winds blow us up,  
where



where our Stomachs are sour, and Phlegm sticks to the Walls of it, two or three Dishes of Tea taken soon upon our Victuals, serve to ferment them, and to wash off part of that gross Stuff sticking there.

*Nidorous Crudities, Signs and Cure.*

In the nidorous Crudity, the Belchings smell like rotten Eggs, the Concoction is hurt, they are feverish, and are little nourished, and they are subject to St. *Anthony's* Fire, Scabs, and Leprosies. Smells proceed from Particles strongly fermented, and therefore their Belches are Steams arising from such Humours; in such a Case, the Concoction is too swift; for when Particles ferment strongly, the Fibres are soon corrupted: Salts of a contrary Nature meeting and struggling, raise a Heat, and a Feverishness in us: Where the Blood is hot and corrosive, and also somewhat gross, it sticks in the smaller Vessels, and erodes them into Scabs or other Eruptions. We readily perceive then what Condition our Stomach and Bowels are in, and, by consequence, what sort of Juices our Vessels contain: The Bile is a Sal volatile oleosum, blended with an acid Salt; if then the Juices are of this Nature, they will ferment strongly: We must aim to reduce this strong Salt to such a Mildness as may render it incapable of sticking to, and hurting the Fibres, which we do by Meats and Drinks of a diluting and cooling Disposition; and therefore pure Element is necessary, and gentle Spaw-Waters, such as the *German* or *Tunbridge*, for common Drink, and our Meats ought to consist of cooling Sallads of Borage, Cowslip Buds, Lettice, Spinage, Cucumbers, pickled Barberries, and Samphire, and of Milk-Meats, light Puddings, Panado's, of young Meats, and of fresh Fish.

*A Cholera*

*A Cholera Morbus, its Signs and Cure. How a Vomiting and a Flux differ from each other.*

In a Cholera, these Signs are observable, they belch and vomit Cholera upwards, and have choleric Stools; they have Pains in the Bowels, are very thirsty, have no Appetite, their Pulse is quick and weak, and their Sweats are mostly cold, but hot whilst their Vomiting is recent: They are subject to Faintings or Swoonings, and Deaths are very common. 'Tis very observable that Cholera's reign mostly in *August* and *September*, when Cucumbers grow cheap and plentiful, which soon dissolve and corrupt in the Stomach. When there is a Struggle in the Stomach between the contrary Particles lodged there, the Walls of it are twitched and contracted, and the Steams being light, and being near the upper Part of the Stomach, easily find a Passage out in Belches: But if the Humours also ferment very much, they necessarily gall and vellicate the sensible Coats of the Stomach into Spasms and Contractions all Ways; then the Humours are thrown off both upwards and downwards, because the Irritation is very violent. The Thirst, Quickness of Pulse, and warm Sweats depend upon the swift Motion of the Blood and Spirits, so that the Heart is frequently irritated, the Blood is hurried about, and so passes through the Pores, or elsewhere, and drains the Mouth of Saliva; for Nature cannot supply the natural Secretions and the preternatural Evacuations at one and the same time: Hunger depends upon an Irritation, but then it must be a proportionate one, not such as frets the Stomach; now here the Humours are too acrimonious, and too much corrupted for producing Hunger, Faintness and even Swoonings are Consequences of the immoderate Evacuations, which have so exhausted the Spirits and relaxed

ed the Nerves, that the Blood flags in its Motion, and at last stands still, and then the cold Sweats, and at last Death, take them off. It is to be observed, that the same Species of Irritation raises a Vomiting and a Flux, only the former is greater.

From these Observations on the Signs and their Causes, we may readily perceive, that the Diet in this Disease ought to obtund Acrimonies, and be sub-astringent; the former alter the Texture of the Humours, and the latter close up the gaping Mouths of the Stomach Glands: Wherefore Gruels of Barley, Panado's, Mallow Gruel, Broths of Chicken unsalted, of Veal, Jellies, Quinces, Almond Milk, and Claret-Possets are conducive; but first cleanse the Stomach well with large Draughts of some of these watery Liquors, then give Claret-Possets, &c. in small Quantities, because the Stomach checks at every Draught or Morsel. All fat, sweet, and poignant Diet must be avoided, as well as Milk-meats, Summer Fruits (Cucumbers, Melons, &c.) and all crude Diet; because these take up a great Space while they are fermenting, and contain many Particles of differing Natures, which raise a Tumult, and fret the Stomach into Evacuations.

#### *Bileous Cholic, Signs, Causes, and Cure.*

In Cholics we observe the following Signs, a Pain wandering and fixt in the Bowels, a Swelling all over the Belly, and a Costiveness; these are the common Signs, but they vary, as do their Cause; the most common are the bileous, the flatulent, and hysteric; I shall speak first of the bileous Kind: And here it is observable that the Patients have a burning Heat upon them, what they belch or vomit has a bitter Taste, they are restless and watchful, feverish and thirsty, their Urine is sharp, their Sweats are



hot, they often have a Jaundice, and their Excrements are tinged yellow: The Cause of this is quite different to that of the flatulent; for here the acrimonious Salt residing in the Juices, twitches the sensible Membranes of the Guts into spasmodic Pains; this same Salt gives a rapid Motion to our Fluids, and Heat depending upon Motion, it is more or less intense, according to the Nature of its Concentration; this Salt betrays itself in Belchings and Vomitings, and gives us an Assurance of its Presence in the Stomach, as the Colour of the Excrements does in the Guts, and the Colour of the Skin does of its Lodgment in the Mass of Blood:

Now we know Salts are always abated in Keeness, by diluting them; and therefore, here pure Element itself is of great Use in such habitual Cholics; the *German*, or *Tunbridge* Waters are useful; but *Bath*, or any sulphureous ones prejudicial: The old *Posca* will often cure, and *Rhenish* and *Water* will answer the Purpose, because as an alkaline Salt is the Origin of the Disease, these either dilute or correct this Cause: And the Diet ought to be also thin and diluting, or soft, and sub-acid, such as all the Diet of *Barley*, *Oats*, and *Wheat*, *Apples*, *Pears*, *sour Jellies*, and *Victuals* seasoned with *Vinegar*: And as these are known by Experience to have been of Use, is there a more convincing Proof that Diet should be contrary to the Cause of a Disease, than this is? Or that all *Valetudinarians* cannot be governed by one Rule? Whenever a *Cholic* proceeds from an *Inflammation*, as is too common after the *Measles*, we must regulate the Diet in them, as has been mentioned in *Inflammations*.

#### *Flatulent Cholic, Signs and Cure.*

In this *Cholic*, the Pain is not much fixed, unless it be obstinate, but wandering with a grumbling Noise;

Noise; the Colon is stretched and swelled all over the Belly, and feels like a small Arm laid across; these Patients are relieved by voiding Wind upwards and downwards, they are troubled with Vomitings and Costiveness in Proportion to its Duration. The Wandring proceeds from the Wind's jumping out of one Cell into another of the Gut; the Swelling is from the Space taken up by these Winds; for when Vapours are raised from Water, they occupy a far greater Space; and the same may be said of Steams from our Victuals; the Vomiting is from the inverted Motion of the Guts, which do usually contract themselves from above downwards; but as the Excrements are stopped, and the Pain, from Distention, is violent, the animal Spirits are driven into a Confusion, and determined by the Pain into the Stomach and Muscles of the Belly; the Belchings are only Escapes of fermenting Liquors through the Gullet; sometimes there is a Pain on the Loins from the Tension of the Muscles, and particularly the Tendon of the Transversal; but the Hypochondres are always stretched; when it becomes chronical, the Pain fixes, for then the Part affected becomes distended in the middle, and contracted at each Extremity, so that the Wind cannot find an easy Passage; the Extremities are often cold, from the Expence of Spirits, and slow Motion of the Blood; the Fæces in this Cholic are frothy, because whatever is taken, is fermented into Bubbles; in this Case the Stomach is weak, so that it cannot sufficiently attenuate the Victuals.

Upon this account Bitters, Poignants, and Meats high seasoned with Aromatics, as Cloves, Mace, Nutmegs, Ginger, &c. are convenient, because they string up the Fibres, make them closely embrace the Meat and Drink, attenuate the mucous Parts of the Victuals, and so exhale the Flatulency of them. Bitter Infusions, and Bath-Waters, are ex-

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cellent

cellent for such windy Stomachs, because they attenuate, divide, and exagitate the Mucus, dry the Fibres, and invigorate the peristaltic Motion. Such Valetudinarians must avoid all farinaceous Diet, all Fruits, and Malt Liquors, because they are mucous and acrimonious, and readily ferment into Wind, as the Air-Pump proves to the Eye. Cyder, &c. must be refused, for they are very full of Wind.

*Hysteric Cholic, Signs, Causes, and Cure.*

But in this Cholic, the following Signs concur; the Belly is generally costive; they have violent Pains near the Navel, which are fixed, they are little or not at all eased by evacuating Wind; their Belly is lifted up as if by Jerks; they have hysterical Symptoms upon them elsewhere; and any Fit of Grief, which is their Foible, exasperates their Pain; the Costiveness depends on an acid Mucus, lining the whole Channel of the Guts, so that they are galled into Spasms and Contractions, and these make Stops of the Fæces there; from this same Humour it is, that they suffer racking Pains; but also the Humour is so pinching as to invite an Afflux of animal Spirits thither in a tumultuous Manner, so as to jerk up the Bowels, like a Ball at the Navel; Wind emptied, affords them little or no Ease, because the Guts contracted by the Nerves, are the principal Reason of the Pain, and there is no Exit through the Anus for that Matter; the hysterical Symptoms which accompany this Disease, betray its Seat to be remote from the Intestines.

As an Acidity is plainly discoverable in hysterical Persons by the sour Belchings and Vomitings; so Dilution and Alteration must be the Method observed in Diet; we therefore order them to drink Bath or Chalybeate Waters; to eat a farinaceous Diet, to eat Meals of good Juice and easy of Digestion; to  
avoid



avoid Sours, Pickles, Salts, and too viscous Diet; thus we cut off all Occasions of fresh Fuel, though we advance slowly towards a Cure. The Iliac Passion is a Branch of the Cholic, or a more vehement Degree of the same; and therefore I shall not give any other Rules in it, than I have done in the Cholic.

*Dysentery, its Signs, Causes, and Cure.*

The following Symptoms are observable in a Bloody Flux: Humours tinged with Blood or Matter are thrown off by Stool; the Patients are violently griped, they are feverish, the Pain is most felt on one Spot: To these Signs many more are added; Blood is thrown off, because the Vessels are consumed by the Sharpness of the Humours; the Gripes arise from the same Sharpness, fretting the Guts into Convulsions; the Fever proceeds from this Acrimony in the Blood-Vessels, twitching the Heart and Arteries into frequent Contractions; the Pain is felt in one Spot most, because one Part only is consumed and ulcerated, and whenever any thing passes by that Part, it will be twinged, as we experience in external Ulcers, when rudely handled; the Watchfulness depends on the swift Motion of Spirits through the Brain; the Anxiety proceeds from a Stagnation somewhere about the Heart, which depends on too great a Load to be hurried forward; the Tenesmus, or constant Inclination to go to Stool, denotes so great an Acrimony somewhere about the Levator Muscles of the Anus, that the Sphincter's Force is conquered by it; sometimes there is a Vomiting, especially when the Gripes are violent from an Acrimony residing also in the Stomach, and twitching it; the Urine is red, from a Load of Salts in the Blood; and Thirst is a Sign that these same Salts twitch and dry the Jaws; and

lastly, a Faintness is always observed, by Reason of the Expence of Fluids daily carried off.

From all this it appears, that obtunding and sub-astringent Meats and Drinks are required in a Bloody Flux; the first regard the Humours, and the latter the Fibres; wherefore Eggs, Barley, Oatmeal, Rice and Wheat, and Feet of Animals are convenient; and for Liquors, give *Decoct. Alb.* with tormental Roots, give Cinnamon boiled in Water and Red Wine; and we must refrain from all salted or smoaked Meats, from Summer Fruits, which often produce it, and from spirituous Liquors; all which are known to irritate, to ferment and breed Acrimonies. What I have said of a Dysentery, may in a less Degree be affirmed of a Diarrhea, which therefore I forbear to mention. See my *Causes and Cure of Diseases.*

#### *Cachexy, its Signs, Causes, and Cure.*

A Cachexy is attended with a Paleness, a Pitting upon Pressure, and a slow Digestion: The Paleness is owing to the Blood, which is phlegmatic, the Pitting proceeds from the Stagnation of those phlegmatic Juices, and the slow Concoction from a Want of due Fermentation, and that from unactive Principles in the Blood. Here the Diet must consist of very active Parts, which will attenuate and thin the Viscidities, give Redness to the Blood, and ferment our Juices; such are strong Wines, peppered and spiced Meats and Sauces, Meats ragoo'd or forced with Marjoram, Savory, Thyme, Mace, and such like; these add what Particles are wanting, and help the Blood to circulate, and so thin it.

*Depressed Blood, Signs, and Cure!*

In a depressed State of Blood, what the Ancients called a weak Liver, we observe the following Symptoms, the Body is cold to the Touch, and swells every where, they breathe short upon any Motion, and have a great Weakness upon them. The Temperament of our Juices is generally discovered by the Touch; if we are cooler than ordinary, the Blood abounds with unactive Principles, there is too small a Struggle raised, from which alone depends Heat, and in this Supposition the Blood is too viscous and gross, and therefore apt to stick in every small Vessel, more especially where an Ascent is required: Now as soon as we move and press it forward by Action, then it is hurried on faster than the Vessels can circulate it, and so the Parts swell, and are distended too much; and as this is the Case of the Lungs, when we exercise, upon Motion, such cachectical People breathe short and thick. This is often the Case with sedentary Men, they do not use Exercise, the Juices, for want of it, are apt to jelly in the Vessels, and we meet with Obstructions at every small evanescent Artery, and their Legs swell at Night.

Give them a heating and attenuating Diet, as in a Cachexy, and let their Malt Liquors be medicated with bitter, hot, and aromatic Plants, such as Agrimony, Ground Ivy, Horehound, Rosemary, the Roots of Ginger, Zedoary, Seeds of Caraway, Cubebs, Flowers of Camomile, Orange and Lemon Peels; for these attenuate and exagitate the gross Humours, they blend with our Victuals and Juices, and rectify all the Faults of the Mass, and consequently abate the Symptoms gradually. If any where, here Cordials of the warmest Sort will be of Use. Now if such Patients should insist upon



Element and a vegetable Diet, which are a poor spiritless Nourishment, the Stomach may not chance to be disturbed with Struggles, but then consider the Load and Oppression they cause; consider how poor and unactive they make the Blood, how few Spirits such Men enjoy, how unable they become by it, how sluggishly the Blood moves, and how bloated their Muscles are; and then sum up to the World the Balance between the Conveniencies and Inconveniencies.

*Anasarca, its Signs, Causes, and Cure.*

In this Dropsy, the Skin, by pressing it hard with your Fingers, will leave the Marks of the Impression, like Dough; here the Fluids, and particularly the Lymph, do not circulate, and the Fibres are too much relaxed; so that being incapable of due Contraction, the Juices grow thick and stand still, or at least run forward very slowly, the Parts are also very pale, because the Blood is such: From these distinguishing Signs, it plainly appears, that the Blood is gross, and the Fibres too lax, so that the Diet must be attenuating and sub-astringent: Wherefore vinous Liquors, high Sauces, juicy Victuals, and strong Chalybeate Waters, such as *Knareborough*, must be made use of, and the Bitters and Aromatics for a depressed Blood: Red Wine is excellent, because it attenuates the Humours by its spirituous, and contracts the Fibres by its astringent Particles. In this Dropsy, and also in the Ascites, they should often be allowed a Draught of Punch, which is the greatest Diuretic, as well as the surest, known in Diet.

Anasarcous Dropsies receive Advantage from riding, upon the footing of Exhalation: The repeated Shocks move the Pond, and evaporate the Waters, and the Fibres being drained of their Burden, regain

gain their elastic Tone, which they have so far lost, that the Fingers or any Pressure whatever give fair Proofs of it ; for press any where but ever so softly, they give way and frame a Pit, which remains some Time after, 'till by many slow Heaves the Fibres recoil insensibly ; and this Property they will retain during Life ; which if entirely lost, Death hath taken Possession, and it is a very sure Prognostic of a sudden Change, if ever we meet with such a cadaverous State.

I say then, that wherever this Disease has depraved the Blood and Fibres to such a Pitch, as that the former is a mere Collection of Glear, and the latter nothing less than a Dough or Quagmire, and moreover where the Bowels are roundly prejudiced by inveterate Obstructions, &c. Riding can be of no Use, for here the whole Tribe of Purgatives, Diuretics, Diaphoretics and Attenuants, are too weak to contract with the Disorder ; so that the Disposition to this Disease is the proper Season for using this Exercise. Use Fomentations made of Balauftines, Red Roses, Oak Bark, and Sumach boiled in Water in which Steel was quenched, adding rectified Spirit of Wine ; at every Bathing, in the Morning, and at Night going to Bed, tie on the laced Stocking after it ; and give Chalybeates and the Bark internally for a long Time, which act both by their attenuating Particles, and their Stypticity and corroborating Quality : These will cure, when all Remedies prove ineffectual.

*Atrophy, and Hectic Fever, Signs, Causes, and Cure.*

The first sort of Consumption is called an Atrophy. In it the Persons waste away daily, their Flesh grows soft and flabby, their Spirits fail ; and their Pulse is weak. It proceeds then from a Penury, but what first introduced this Scarcity ought to be well

considered: Atrophies have two general Causes, either there is too great a Consumption of the Juices by Fluxes, Pains, Watchings, Vomitings, or other exhausting Causes, or their Repair is more sparing than it should be; for it must be considered, that we are not nourished by what we take down, unless these Victuals be thoroughly digested.

In an Atrophy, therefore, they are consumed every Day insensibly, because their Nourishment is either carried off some other Way, or because their Digestion is bad; that is, if it be too high digested, Sweats, Urine, and Stools are encreased by the Acrimony of it; or if it be too low digested, little or no Juice is extracted, or what is extracted is too gross to enter the Lacteals; or if any thing is carried into the Blood, it is an unactive Mass, and produces Cachexies: Thus no Spirits are bred, nor can the Muscles exert themselves: In short, they waste, because there is no Supply, and they are feeble for the same Reason. In this Case, the Nourishment must be adapted to the present Condition.

In Hectic Fevers, whether primary or symptomatic, there is a Sharpness or Acrimony in the Blood, disposing the Humours to melt and run off through every Outlet, namely the Pores, the Guts, and the Kidneys; they therefore waste insensibly, and the Repairs bearing no Proportion to their Wasting, the Spirits and Blood are drained. In a natural Atrophy, and likewise in Hectics, we must give Food that is soft, smooth, watery, and oily; or in short such as will supply Chyle; hence Milk, and Milk-meats, Jellies, Caudles, Broths, Creams, Almond Puddings, Eggs, Cray-fish, Crabs, Rice-Meats, Sago, Chocolate, Whittings, Flounders, and such like. This Diet ought to be in such Plenty, as to dilate the Vessels; and Chyle must be oily as well as watery, therefore the Almonds and Chocolate are both proper here, Asses Milk, German Spaw Water, or a Decoction  
of



of China and Hartshorn are proper for Drink in Hectics, for they obtund the Acrimony of the Juices, and abate the Heat.

*Consumption of the Lungs, Signs, Causes and Cure.*

The second sort of Consumption, is an original one, or an Ulcer of the Lungs: It has the following Signs; a dry Cough; a Stuffing on the Breast; a Vomiting and Hectic begin it; then while it encreases these Signs continue, and the Patients begin to waste; in the next Place the Lungs are inflamed, and the Patients have a Peripneumony, and lastly the Lungs are ulcerated and they spit up a greenish and stinking Matter. When an Obstruction is confirmed, and the Blood stands still any where, it grows sharp, and irritates the Vessels, so that the Blood is invited to the Part affected, and finding no Passage, swells all the circumjacent Parts, or inflames them, and when the Vessels can hold no more, they burst and make an Imposthume in which all the fibrous Parts of the Blood and Serum are shattered into a white, yellow, or green Matter.

From this short View of an original Consumption, the Diet may easily be guessed at; for, as the Blood is sharp, it follows, that we ought to feed with a smooth and diluting Regimen, as Milk, Whey, Emulsions, Barley-Water, Rice-meats, sweet Jellies, Cray-fish in Soops, Crabs, poached Eggs, the Feet of Animals, Veal, and young Meats, River-Fish, and light Puddings; and to avoid Meats salted or smoaked, all hot Roots, all hot Spices, and spirituous Liquors.

*An History of a Young Woman cured of a Consumption.*

A certain young Woman was seized with a Cough, with which she coughed up a tough and tenacious greenish

greenish Phlegm, and streaked with Blood, she was extremely hectic, her Pulse was very small and quick, she was wasted to a mere Skeleton, with an hippocratic Face as we call it, her Breath was thick and short, she had colloquative Sweats upon her, and fell into Syncope very often in a Day, her Appetite was quite abolished, and her Spirit so low that she was obliged to be led across the Room. It was reasonable at first View to believe she was doomed to Destruction, and that she was in the last Stage of a Consumption; but she happily recovered by the following Medicines.

R. Pulv. Ocul. Cancr. Cort. Peruv. ana Drach. ii. Millep. pp. Drach. i. Sacch. Alb. Drach. iv. m. f. Pulv. in Chart. xii. *æquales dividendus. Quorum sumat unam bis in die, superbibendo Haustum Decoct. Balsam. Fulleri, cum Lactis asinini pauxillo.*

R. Syr. Balsam. Capillor. Vener. ana Uncias tres, m. f. Mixtura. De quo sumat Coch. i. urgente Tussi.

R. Ap. Meliss. Uncias sex, Lact. Alex. Uncias quatuor, Aq. Menth. Aq. Epidem. ana Unciam unam, Tinct. Croci Drachmas ii. Confect. Alkerm. Drach. i. Marg. pp. Scrup. ii. Sacch. Alb. q. s. m. fiat Julap. cujus capiat Coch. iv. in Languoribus.

R. Rad. Chin. & Sars. ana Uncias duas, Rasur. Corn. Cerv. Uncias quatuor, Fic. Ping. n°. xx. Fol. Capillor. Vener. Heder. Terrest. ā. P. v. Flor. Chamemel. P. iii. Incis. fiat ingredientia pro Thea.

R. Syr. Balsam. Uncias quatuor, Syr. Capil. Vener. Uncias duas, Balsam. Gilead. gut. x. m. f. Mixtura, cum qua edulcoretur præcedens Liquor inter usum.

These Medicines corrected the Acrimony of the Blood, allayed the hectic Heats, comforted her Spirits, and made her expectorate; so that within a few Weeks she, who was a Spectacle, became plump, by eating and resting well. Most Practitioners would believe, that such an extreme Weakness,

ness, and such a discoloured Spit, attended with so strong a Fever, must denote the last Stage; but yet it proved a Mistake.

*Watchings, their Causes, and Cure.*

Watchfulness needs no Signs, it is occasioned by other Diseases, and is generally a Symptom of all troublesome Disorders. As to the sleepy Disorders, viz. Apoplexy, Catalepsy, Lethargy, &c. the Spirits are ill separated, and the Brain loaded with a viscid, tough Phlegm: In the watchful ones the contrary happens, for the Spirits are too briskly moved, or too plentifully separated, or both: It sometimes happens, in Diseases where the Spirits are much exhausted, that the few there are, are hurried briskly through the Brain, though they are much wanted elsewhere; for in Persons labouring under Ravings in malignant Fevers, we find them ever restless, and yet so feeble as not to be capable of moving themselves from one side of the Bed to the other, without the Assistance of Nurses. In this Case we are to consider, that the Blood, and all its Juices separated from it, are become acrimonious and very pungent, and therefore we must insist on such Drinks principally, as will temper and sheath this Acrimony, which work is compleated by Emulsions of Almonds, of the cold Seeds, or of Poppy Seeds: We are frequently obliged to stop here, because the Weakness of the Patients is so great, that we dare not administer Opiates, for fear of thickning the Juices too much, and, by so doing, putting a full Stop to the Circulation. We are to avoid all spirituous Liquors, because they encrease the Acrimony, and large Doses of them would thicken the Blood: Cowslip Tea is a commendable Liquor, and Lettice is useful; it is watery and smooth, and therefore dilutes and sheaths, which is all that is required.



## Of Convulsions and convulsive Motions.

*An Epilepsy and its Signs. How Muscles are contracted.*

An Epilepsy is known by an universal Convulsion, by an Abolition of both external and internal Senses, by falling upon the Ground, and frothing at the Mouth, the Parts are all drawn up, because the Muscles follow the Fate of the Nerves: If the Nerves are shortened, the Muscles to which they are annexed, are also contracted; they lose all Sense, because the Origin of the Nerves is affected, and a tumultuous Motion is raised there, by which the Spirits run irregularly into the whole System of the Nerves, and drain the Brain of them; so that none remain, for a while, to fetch in Intelligence, or carry out Messages: They therefore lose that Equilibrium necessary for the Action of standing, and their Frothing shews how greatly the Reflux of Blood is interrupted by the Jugulars from the Contraction of the Nerves that surround them and straighten them.

*Saint Vitus's Dance, what it is. What Trembling is.*

Saint Vitus's Dance is variously described, as well as referred; some tell us it is a Convulsion by which they halt, and their Hands tremble, so that they carry the Cup to their Heads in a ludicrous Manner; others say, they jump up, run up and down, dance, tumble, and rave a little, and upon this Head it is, by some of the most eminent Physicians, referred to Madness: Trembling is an alternate Influx of Spirits into the Antagonist Muscles, which

therefore makes the Parts unsteady and incapable to hold any thing fast: To this irregular Motion retain Reeling and Faltring, and it is certain that a Delirium is often the Consequence of an Exhaustion of Spirits, by which they are disabled from holding steady to the Ideas represented; and in Convulsions, the Spirits are exhausted upon a severe Fit.

*The Dog-Cramp, and its Signs. What a Cramp or Tetanus is.*

The Spasmus Cynicus, or Dog-Cramp, is a Contraction of the Muscles of the Face, particularly when the Mouth is drawn to one Side; and if both Sides are contracted, it is called *Rifus Sardonicus*, from *Sardoa* a Plant, which, as the Ancients dreamt, caused Laughter upon eating: These being Contractions, they need no farther Explanation: A Cramp, called Tetanus, is a permanent and lasting Contraction of any Part; the Contraction is from a violent Influx of Spirits into the Muscle contracted; the Continuance springs from the Condition of the Fibres so contracted, where they become rigid and stiff; so that in this Disorder, Physicians can never act with Precision, without having Regard to the Spirits and the Fibres, at one and the same Time. In Spasms or Cramps, gentle Chafing relaxes the Parts, and this is the Occasion of rubbing the Parts in convulsive, epileptic, or hysteric Fits; it affects the Fibres, and unbends them when shriveled up, and made incapable thereby of receiving and distributing Spirits.

*Convulsive Cough, its Signs, Causes, and curative Indications.*

A convulsive Cough is commonly termed a hooping Cough, in which Children cough so violently,

lently, that they hoop or draw in their Breath with a hideous Noise, and in which they often fall back, as if they were choaked; from the violent Irritation, the Lungs are strongly contracted or convulsed, so that they hardly can be opened again to receive the Air. Now if we would consider, that in Persons afflicted with this Cough, the Pulse is as quick as in Fevers; that there is a violent Irritation; that the Spirits are hurried with Vehemence into the pulmonic Nerves; that the Cough is periodical, and that there is an irregular Bent, as well as a cacochymical Plenitude in their Juices; methinks, these Intentions might readily and effectually be answered, after bleeding, an Emetic, and two or three Cathartics, by administering a Spoonful, or two Spoonfuls, according to their Age, of the following Mixture, thrice a Day.

*R. Cort. Peruv. Unciam i. Aq. Laët. Alex. Uncias xii. Epidem. Uncias iii. infunde per Noctem, colatur. Add. Sal. Vol. Oleos. Drach. i. Tinct. Castor. Laud. Liq. ana Scrup. ii. Syr. de Mecon. Unciam i. f. Mixture; de qua sumat Cochl. i. (ii. iii. pro ætatis modulo) ter de die.*

*Shiverings from whence. The Blood is depraved on the Attack of a Fever.*

To this Class, Shiverings may be justly reduced, in which the Antagonist's Muscles are interchangeably moved; the Spirits now run first into a certain Tract of them, and then immediately into an opposite Road; somewhat lies on the Muscles pricking and galling them, and thus inviting an irregular Influx of Spirits; but also the Spirits themselves are put into Confusion by some odd Mixtures, they cannot rid themselves of; it may be easily guessed how depraved the Blood is upon the Attack of a Fever, its Proportions in Mixture are quite changed;



ed; nay, its very Principles become more concentrated; this Symptom gives us the first Notice of a Fever, and it is so violent in some, as never to be surmounted.

*A dry, or nervous Asthma, and its Signs. Coughs from whence. Causes of the difficult Inspiration, and Sense of Girding in hysterical Women.*

In a convulsive or dry Asthma, there is seldom a Cough or Spitting, unless when the Fit is over; it happens on a sudden, and disappears unexpectedly; the Expiration appears as if it were pumped out, and the Inspiration is very difficult; it is increased or raised upon any sudden Passion, they complain as if they were girt around with a Girdle, and have a Pain in the bastard Ribs. Coughs proceed from somewhat pricking the exterior Membrane of the Trachea, and spitting from somewhat extravasated in that Passage; but in the Beginning of a nervous Asthma, this is not the Case, for they seldom cough or spit in the Beginning; for the Fit begins from the irregular Influx of animal Spirits into the Nerves, not into the Arteries, so that they are contracted first, and the Vessels being surrounded by them, there is no Room for Inspiration; but at last the Veins being obstructed by the Contractions of the Nerves, the Arteries spue out Serum into the Bronchiæ; and therefore when the Fit is over, there is a gentle Cough and Spitting. When there is a great Difficulty in lifting up the Lungs in Inspiration, as there must needs be when the Air and Contraction of the Nerves serving for lifting the Breast, are put in the Scales, this Elevation is all forced Work, and back again the falling of the Breast is like the Descent of heavy Bodies, every Instant accelerated, as in the Elevation they were every Instant retarded. All Passions are executed by the Spirits; if then hysterical

hysterical Persons be moved, whether by any real or imaginary Cause, their Spirits are wound up, and set in Motion; and as their Scene of Action is in the Pulmonic Nerves, the Lungs are affected with this Asthma. The Sense of girding arises from a real bracing the Parts by a Convulsion of the inspiratory Muscles, and a Contraction of their Nerves; and from the Membranes being in like Manner affected, the Ribs are pained; that is, their surrounding Membranes are distended with Blood, for want of its due Circulation.

*Hiccups, and their Causes, Palpitations from whence,*

Hiccups need no Description. In a Hiccup, there is an accelerated Inspiration, and immediately the Epiglottis is shut, and this frames the Symptom; therefore while the Muscles serving for Inspiration are put in Action, the Epiglottis is on a sudden drawn down, and closes up the Passage of the Glottis; whether it be that the inspiratory Muscles are on a sudden inflated by a copious Influx of animal Spirits into their Nerves, as is the Case in hot and bileous Constitutions, or that the Failure of Spirits in the Nerves running to the expiratory Muscles, as it happens in weak and dispirited People, occasions their Antagonists Motion, is little to the Purpose; for adding Force to the inspiratory, or subtracting Spirits from the expiratory Muscles, the same Effects in convulsive Cases; since, if Antagonists equiponderate, both are at Rest, but if one loses, the other gains Weight, and exerts it self; which of the two, I say, is the Case, still there will be a sudden Elevation of the Breast, and a strong Inspiration, and then the Epiglottis is contracted also; probably from some troublesome Matter lodging on the Stomach, as is the Case generally speaking, and galling, and putting into Contractions  
the

the Par Vagum, and, by Consent, that Branch of it also which is inserted into the Epiglottis. A Palpitation is easily known, and happens from a Con-  
 cussion of the Heart, arising from its strong Con-  
 traction, by which it pushes against the Sides of the  
 Ribs. In Palpitations, in Hysterical and Scorbutic Peo-  
 ple, the Heart is strongly contracted, from Convulsi-  
 ons, proceeding from sharp Humours in the Blood  
 and Nerves. Palpitations in Plethorics, Obstruction  
 of the Menfes, &c. are convulsive Motions of the  
 Heart, which the irregular Influx of animal Spirits  
 renders them subject to; the fuller the Heart is, the  
 stronger must be its Systole to throw out its Contents;  
 and such a strong Contraction continued, is a Palpi-  
 tation.

*What all Convulsions are. From whence the Strang-  
 ling, and Ball at the Navel in Hysterical Women.  
 Why Respiration is abolished: Why void of Sense;  
 and why the Creeping.*

All Convulsions are sudden and unforeseen; no  
 sooner is the Alarm given, by any sharp Particles  
 in the Brain or Parts, but the Spirits make Excur-  
 sions, and their Motion being in a Manner instan-  
 taneous, a Contraction is formed and executed at  
 once, and they are as suddenly unbent as contracted,  
 and therefore the Fit disappears also suddenly. In  
 Hysterical Women Strangling arises from the Con-  
 traction of the Lungs and Epiglottis, from the Spirits  
 running into these Parts, and Inflating the Nerves,  
 and shutting the Trap-door, at which the Air should  
 enter, and the Fear of it is justly grounded in these  
 hysterical People, from what happens: In them, at  
 the Navel, a Ball seems to rise, because the mesen-  
 teric Plexus of Nerves is strongly contracted and in-  
 flated, which draws the Bowels up in this Form:  
 Here also Respiration is often abolished, because the  
 X Blood



Blood in permanent Contractions stagnates, and such Persons lie as breathless for Hours together; from a lasting Contraction of the Lungs, their Blood either does stand still, or is in Danger of being quite congealed, they lie void of all Sense, because there is a total Excursion of the Spirits from the Brain; they often feel a Creeping all over them, as if some little Creatures were moving upon their Skins, from the gentle Contraction of the Nerves of the Skin; and, in fine, wherever Muscles or Membranes are involuntarily moved or contracted, they betray Convulsions: So that our Business is now to enquire into the State of Humours in Convulsions; and as they differ infinitely, no Regimen can be agreed upon, 'till that State can be ascertained.

*The Causes and Cure of Convulsions.*

If the Cause of them is found to be excessive Feeding, or Nourishment too acrimonious, or both jointly, we must cut off a good deal of their Allowance, and allot them small Quantities of such Diet, as will obtund this Acrimony; we must forbid them the Use of strong Liquors; they must refrain from all Spices, salted Meats, or Pickles, and they must eat and drink sparingly: Let their Drink be Barley-Water, or Pisan, chalybeate Waters, and even pure Element it self. But if, on the other Hand, the Causes of these Convulsions are found to proceed from a Deficiency, as it happens in such as are seized after Diarrhea's, or Evacuations, or immoderate Fasting, then we must administer all nourishing Meats and Drinks, without Regard to any other Circumstance; and here it is that Jellies, Soops, Milk-Meats, Chocolate, Rice, Flummeries, or Broths high boiled, that a Diet of Chickens, Veal, Rabbits, Mutton, or indeed any juicy Meat, is convenient to fill up the Vessels, but yet having Re-

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gard to the Distemper conjoined, if there be any such.

It also often happens, that Convulsions are attended with a Sourness, or Bitterness at the Stomach, and then the two Causes above-named are not in the Question; so as the first must feed upon Meats forced with the poignant and aromatic Herbs, and for their Liquor should drink Bath-Waters, or strong chalybeate Waters; so those with bitter Stomachs must avoid this Regimen, and live upon the cooling Plants, as Lettice, Spinage, and such like, upon Milk-meats, and must drink light chalybeates, and even pure Element. Persons subject to Convulsions from these different States just mentioned, are Valetudinarians with a Witness, but it would be a strange Paradox to prescribe an uniform Diet to them all; this is impracticable: It would be equally just to prescribe one Remedy for every Disease as one Diet for every unhealthy Person; and a Physician would be as blame-worthy for not enquiring into the State and Condition of a Valetudinarian, as he would if he neglected that Enquiry when sick.

*Madness, the Signs and Cure. Actions answer Ideas.  
How much we know of the Union between Soul and Body.*

In Madness there is a Rage and Raving, with a feverish Disposition: In bileous Persons, where the Blood and Spirits move on with a certain Precipitation, their Actions answer their Ideas; and these, the Influx of Spirits, which when they exceed the natural Momentum in a high Degree, they cease to be governed by Reason. It must be confessed, we know no further of the Union between the Soul and Body, than that if there be an harmonious Proportion between the Fluids and Solids, our Senses are vigorous; but are disturbed, where they fall short of, or exceed the natural Constitution. It is very observable, that mad

People's Nerves are strongly extended, and are very elastic; the Strength they abound in, and the little Damage they receive from the severest Weather, plainly shew, that they are become almost inflexible, or however, that they are at the Tip-top of Elasticity; the Pulse also confirms this, which is swift and great. In Madness bleed, give strong Emetics and Cathartics to evacuate the Humours, and bring the Spirits low, and Opiates at Night to quiet the Fury. Let the Diet be sparing, cooling and moistening, and therefore Water-drinking, Barley, and other Grain made into Food, Lettice, Spinage, and cooling Sallads, are the most convenient; they must shun all strong or fermented Liquors, all salt Meats, all Spices, and all flatulent Victuals, and in this Manner with Diet alone, the bileous Humours will in time be tempered and altered, and the Fibres will be unbent.

*Melancholy, Signs, Causes, and Cure.*

But in Melancholy, the contrary happens, the Ideas are unconnected, but the Pulse is weak and slow. The mopish Condition some Scorbutics are under, their continual Fears and Jealousies, attended with a Coolness of the Parts, denote, as fairly as can be expected, Coagulation or Viscidity of Blood: The Blood is made thus viscid, by the Acid abounding, the Parts are made rigid from this Acidity, and the Brain admits of few Spirits; but what are separated, move in certain Tracts only: Ideas follow the Proportion of Impressions, and they are Consequences of the Motion of the Spirits, and Tremblings of the Nerves: As therefore the Spirits are few in Quantity, but the Nerves are become rigid, the Impressions, which are few as the Spirits are, are long retained: All that can be said of Melancholy, is, that it is a Passion of Mind attended with little Action,



Action, it is sluggish, stupid, slow, and lifeless, whether we consider it as a Passion, or as a State of Circulation of the Fluids through our Canals. Here the Diet must be moistening, and gently attenuating, and allow them small Wine or small Beer altered with gentle Bitters, and warm Scorbutics, as Calamus Aromaticus Galangal, Elecampane, Centory, Fumitory, Trefoil; Antimony, and Steel, being deemed specific in this sort of Raving, plainly shew us, with what Ingredients their small Liquor should be impregnated.

*Head-achs from a Plenitude, how known and cured.*

In Head-achs, the Causes vary extremely, but three Causes of it are the most common; to wit, a Plenitude, a bileous, and a phlegmatic Blood. In a full Habit of Body, where the Quantity only exceeds, Care should be taken to abate a proper Quantity of Victuals, and particularly of Drink, at every Meal. If the Quantity of Humours be too many for the Vessels, they lose their due Elasticity, and the Blood its Consistence; for as the Force of the Vessels is decreased, the Blood will be but lazily moved on, and will then contract a Thickness, and become obstructive; the Disease will then become compounded of a Fulness, and an Obstruction, and we must not only subtract a certain Proportion from our Meals, but we must also have a Regard to the Obstruction, which is a Creature of the Excess; and therefore we may allow of Aromatics and Spices in their Diet, which must, however, be also spare, and this Obstruction is known by the Colour of the Face, then turning pale, which before was a lively red.

*Bileous Head-achs, Signs. The Pains internal or external, how known, how cured.*

In the bileous Head-Achs, the Pulse is quick and strong, and the Patients are exceeding warm: In this Case, the Salts are pointed enough to tickle the inner Surfaces of the Vessels, and thereby accelerate their Systole, but the Blood is yet viscous enough to stick in the minutest Arteries; and if a Parcel of such a Blood chancs to stand still any where, and the Vessels of the Extremities are too small, for such a cohesive Liquor, the Salts soon extricate themselves, and twitch the sensible Membranes into painful Spasms: It behoves the Physician strictly to enquire, whether the Pain be internal or external, or both; because greater Haste is required, and quicker Dispatch is to be made with an internal Head-Ach; it threatens Madness or a Phrenzy: View their Eyes, if their Veins are swoln, and if their Memories or Understandings are so affected as to be forgetful, or duller of Apprehension than usual, it is very certain that the Seat of this Pain is on the Meninges of the Brain: But if none of these Signs appear, and the Head, upon combing or rubbing, feels painful, then the Pericranium only is the Seat of it, and we need not be so apprehensive of the Consequences.

In this Head-Ach, the Diet and Drink must be cooling and thin; thin to dilute the viscid State of the Bile, but cooling, to correct the lixivial and nitrous Salt, which Bile abounds with. Water-drinking, whether elemental, or lightly chalybeate, is proper, it washes and thins the Viscidity, as well as keeps the Salts at a proper Distance from each other; and Lemons, Oranges, Sorrel, and all the gentler Sours correct the lixivial Salt, and turn it into a neutral: Our Sallads and Sauces ought to consist

consist of them ; and as this Head-Ach is an Effect of Bile lodged, this being washed off, thinned, and altered, that must, of course, cease.

*Phlegmatic Head-Ach, how known, how Phlegm breeds, how to destroy it.*

In a phlegmatic Head-Ach, the oleaginous Parts of the Blood are thickened up with an Acid, and a good deal of Earth, with some Water interspersed ; these are discovered by the Dulness of the Pain, and Weight upon the Head, and the Temperament is cool, nor have they any Thirst upon them. All Sense of Weight proceeds from some Degree of Grossness, for nothing stagnates, till it becomes too gross for passing the Diameters of the Vessels ; if the Motion of the Fluids be too sluggish, they thicken of course, and more particularly if their Mixture be of such a Composition as is naturally cohesive: Such is a phlegmatic Blood ; its Parts are heaped up together, by the Figure and Hardness of the Salts entering the soft and globular Molecules of the Oil, by flattening them, and joining two into a large one, and as they grow larger, they attract each other, and others stronger, and thus the whole Mass becomes gradually cohesive.

Destroy the original Cause of this Cohesion, and we alter this phlegmatic State, and abate all the Symptoms depending upon it : That is, if we administer Aromatics, such as Marjoram, Rosemary, Sage, Savory, Thyme ; if we order them Pungents, such as Cresses, Horse-Radish, and Mustard-seed in their Liquors or Victuals, these containing Particles of an opposite Nature to this Acid, will insensibly redissolve the congealed Fluids, and set them free, and disengage them from the Parts they have taken up their Abode in.



*Why Persons are habitually troubled with some Diseases.*

Wherever Persons upon catching Cold, are subject to Head-Achs, the Parts being obstructed, the Matter of Perspiration is impeded in its Passage, and fills the Vessels too full; and as few have so exact a Structure of Parts, as to be every where alike well framed, it will follow that some will be troubled with Head-Achs, others with Pleurifies, and others with Fluxes upon Colds; not but that it is the same Matter which occasions all these Disorders; but the Vessels of some are laxer or tenser in one Part of their Bodies than in any other, and therefore a determinate Fulness will affect these People, according to their peculiar Structure. I know no readier Way to account for Persons being so habitually afflicted with certain Diseases upon Debauches, or Cold, than this peculiar Frame of some Parts; This is what we experience daily; we meet with habitual Diseases, and are consulted about their Prevention, wherefore I shall take a short View of it, and give Directions how to proceed in such Cases.

*The Intentions of Cure in habitual Diseases.*

The Intentions of Cure, and therefore of Prevention, are to unload the Vessels to their ordinary Size and Fulness, which is best guessed at by Alleviation, by Bleeding, Emetics, Cathartics, or Diaphoretics; and to soften or harden the Part affected, by Fomentations, or Unguents, or Internals; thus, I say, we cure, and in order to prevent these occasional Diseases, we must keep the Body empty by Fasting, Exercise, or Evacuations, and must apply the same Externals, as we would in the Disease, if  
 1 present.

present. Friction has its Use in habitual Head-Achs, in promoting a more plentiful insensible Evacuation.

*Vertigo or Giddiness, how affected in it. Its Causes, and Cure.*

Giddiness is an Argument of Fulness in the optick Arteries, upon whose Pulsation the Retina rises out of its Place, and occasions the wheeling round perceived at certain Seasons. Vertigoes may have their original Cause in the Stomach; the sour Mucus that lodges there, twitches the Membranes of the Stomach, and the *Par Vagum* is put into Contractions, and as this Contraction affects the carotid Arteries, and in some Degree accelerates the Course of the Blood in them, as it happens in straitned Channels, where Liquors run the faster, so that more is heaped up in the Brain than is reconveyed: Upon this Account the Blood-Vessels running along the Bottom of the Eye, are distended, and move the Retina out of its Place at each Pulsation, and occasion a Vertigo: In this Case, Vomits will throw up the Mucus that lodged in the Stomach, and cure the Patient.

It is evident that the Feverish and the Phlegmatic are equally affected with a Vertigo; for how usual is it with Persons under Fevers to complain of their Brains turning round, if they only lift their Heads up from the Pillow; and Persons of a low and dispirited Habit, whose Stomachs are stuffed with Phlegm, complain of it frequently: So though the immediate Cause may always be the same, the remote one evidently differs; let the Dimotion of the Artery happen how it may, and the Removal of the Retina, from thence out of its Place, yet the original States must be principally regarded by Diet; for in Phlegmatics we must incise and attenuate; by these Qualities the Juices will be rendred more fluid,  
and

and become less liable to stand still any where; by these Properties the gross Phlegm on the Coats of the Stomach will gradually be melted down; which, whilst it lodged there, twitched the Membranes of that Part and the Nerves into Tremblings, which being communicated to the Brain gave it a tumultuous Motion, and affecting the optick Nerves, as has been already explained, occasioned a Dizziness: In this Case therefore Bitters, Aromatics, and Pungents are necessary, such are Coffee, Tea, Lavender, Marjoram, Rosemary, Sage, Horse-Radish, Mustard-seed, and the like in Teas, Liquors or Meats.

But in the Giddiness raised from the warmer States of Blood, we must change our Views; the Giddiness then depends on the too rarefied State of Juices. When the small Vessels are stretched beyond their Power they lose their contractile or systaltic Force; and by consequence the Blood is not thrust forwards as usually; but the other Parts of the Vessels, not having lost their elastic Power, throw the preceding Fluids with Force into these small impassable ones, and they extend themselves on all Sides to receive them; this Distention lifts up the nervous Filaments of the Retina, which receives the Pictures of Objects; that is, it makes Things appear in that Place where they are not, and when the Arteries are in their Systole, they appear where they really are. If we correct this State of Motion and Rarefaction of our Fluids, this Giddiness will disappear: How soon does a Bleeding take off a Vertigo in Fevers of the warmer Species? and an Abatement of the Rarefaction by cooling and diluting Diet, has an analogous Effect.

*Loss of Memory, how caused, and cured.*

As for a Defect of Memory, we observe both the dry and the moist Constitutions to be the Occasion of



of it: Old Age and Paralytics testify this Assertion; where in the first, the Fibres grow rigid and inflexible, and in the latter, soft, lax, and incapable of Vibrations: In the first, the Spirits are scanty, in the latter none; there is, in short, a Mean of Siccity and Flexity requisite for Memory, what that is cannot be easily determined; only when there is no Revocation of Ideas, Memory is lost, and Diseases destroying it, retain to either Kind. If a Person, by frequent Debauches of Brandy, be left feverish, and forgetful of every Action in Life; the Fibres thereby made too rigid and dry; they may recover their natural Tone by a forcible Substraction of the cherishing Cause, by Bleeding, gentle Lenients and Diluters. Again, if any Patient be troubled with an Anasarca all over them, and have lost their Memory by the Redundance of phlegmatic Humours, the Cathartics, which are required to empty this Redundance, will cure the Anasarca and Memory together. This Disease then must be variously handled by Medicines, and the same must be said of their Regimen in Diet: Uniformity in Diet is a contemptible Mistake for Valetudinarians. We must be speedy in the Cure of this Disease, since it posits towards the Grave.

*Humid Asthma, two Seasons. The Causes, and Cure.*

In a humid Asthma, two Things are to be considered, to wit, the Interval and the Fit; these Shortnesses of Breath in the Interval depend on an habitual and encreased Secretion of serous Humours into the Vesicles of the Lungs, spued from the Glands thither; and as the Glands of the Lungs, by being constantly soaked in watery Liquors, are become relaxed, they are larger than in a natural State, and therefore they separate more Liquor into the Vesicles; insomuch that the Quantity extravasated into them,

them, and hourly thickening by being exposed to the Air in Inspiration, presses much upon the circulating Vessels, and sometimes stops their Circulation ; in this Supposition the Parts begin to inflame, and this Inflammation produces a Fever, and this we call the Fit of an Asthma ; this short View will lead us into the Reasons of the different Regimens to be used in Asthma's, according to the Times of the Disease ; for in the Interval they breathe short, they cough and spit much, and the Phlegm is viscid and tough, and not easily pumped up ; this repeated Nisus to cough, invites a constant Influx of Humours into the Lungs.

The Smoak of Towns is troublesome to those Asthmatics whom we call Phthysical, but a clear Country Air gives them Relief. Such Meats and Drinks as will attenuate and dry, are here conducive ; and those warm Incisers do also contract the Glands, in as much as they evaporate those Humidities in which they are soaked and enlarged. Therefore in Asthma's, Wine medicated with Sulphur, Elecampane, Hyssop, Thyme, Caraway, Fennel-Seeds, and such like is very proper ; it digests the Phlegm, pumps it up, prevents its breeding, promotes Perspiration and Urine, and gives them much Relief ; what they eat ought to be little in Quantity at once, and moderately warming : Thus must Asthmatics be treated out of the Fit ; but when ever an irregular Life, or Debauches, catching Cold, or too much Exercise, have raised a Tumult in the Blood, so that it stops in the pulmonic Vessels, and inflames the Part, as also the adjacent ones, then this being immediately hazardous must be relieved ; all that we can do, is to treat them as is already said in Inflammations, 'till the Fit is over ; that is, we must dilute and cool.

*Salivations, Causes and Cure. The Causes of Defluxions.*

Salivations are the Produce of different States of Blood : Sometimes it happens from a Defluxion, at other times from hypochondriac Cases. I rather chuse to mention these two Causes, because they are the most common. As in Defluxions, there is an Increase of Humours from a Retention of the Perspiration, some other Secretion will be encreased : The Lungs being the most tender and lax Part, and the most susceptible of this Excess of Humours, Coughs are therefore the most common Disorder upon catching Cold ; but in some People the salival Ducts are very patent, and they receive the Humours flowing in upon them, and throw them off in the Shape and Consistence of Spittle, whose Excess we call a Salivation ; now, as Defluxions are never found to be so univocal, as to accompany one State of Humours only, it must follow, that the Diet of Persons under such a Salivation must not always be the same ; and therefore in the Bileous and Phlegmatics, that is, in the exalted and depressed States, not the same, but a different Regimen must be used ; and as we have been already copious enough on this Head, consult the feverish and viscous States so often mentioned above.

*Scurvy, Signs, Causes, and Cure.*

The Scurvy is so universal, that there is no Symptom which can be named, that may not be reckoned a Branch of it ; as will easily appear upon summing up the Signs of a Scurvy. In the Bowels it produces the following Symptoms, want of Appetite, Inflations, Cholics, Costiveness, or Fluxes, and a Diabetes : In the Breast it causes Palpitations,



ons, Faintness, Asthma's, Coughs, and Consumptions: In the Head it introduces Vertigo's, Convulsions, Palsies, Salivations, Melancholies, Pains, and Stupors: In the Body Rheumatisms, Atrophies, Spots red or black, Gouts, and the Urine is pale or red with Salts sticking to the Part, and often a Crust at the Top; but as most of these Symptoms have already been accounted for, I shall here avoid Tautologies.

In Northern Countries it is plain, that their Diet abounds with Sea-Salt, in which the Acid has the Dominion; and in this Case the Blood is chill and apt to stagnate in the smaller Vessels; and as it is saltish, it irritates the sensible Parts into Contractions; but yet this Scurvy is not so common, as to exclude a corrosive State of Humours even in *England*, as appears by some Persons belching a hot sour Humour, which frequently gives them the Heart-burn: From whence 'tis worth Enquiry how these different States of Humours may be altered with Diet. In general it may be affirmed, that Salts are best dissolved in Element; and therefore in any Scurvy Water-Drinking is proper; however, in the cold Scurvy, where the Blood is already viscid, drinking cold Water may prevail over its diluting Quality, and do harm by coagulating the oleaginous Parts of the Blood; but Water qualified with heating and obtunding Particles is certainly of use; it dilutes and sheathes.

For this Purpose, Bath-Waters drank at the Fountain-head are salutary; they eminently correct the Acid by the Steel and Sulphur they contain, and insinuate themselves by their Heat, as well as dilute those Salts, and carry them out of the Mass by the Pores, the Kidneys, and elsewhere: And in this same low Scurvy, where the Mass is coagulated by the Acid, we order them in their Liquors, Horserhadiſh, Nasturtiums, Marjoram, Sage, Mustard-Seed,

Seed, and such-like: But in the warm Scurvy where the Blood is near the Condition of being dissolved by too acrimonious an Acid, pure Water alone is best; Chalk-Water, or light Steel-Water, are useful, because they dilute and alter the Acidity; Dandelion, and all the watery Tribes of Bitters, correct the Tartness of the Blood, dilute and alter its Texture without encreasing the Thirst and Heat.

In the hot Scurvy, where the Mass is too much thinned by its volatile Salts, it is plain the Blood is too volatile, as we guess by the nidorous, bitter, and salt Belchings, then Water alone is the best Diluter; and if any Addition is allowed, 'tis such as will make it into a Lemonade: This Scurvy our Sailors labour under, when they are cured by eating Lemons and Oranges, which they find so plentifully in the *Streights* and elsewhere. And as the Liquors of Scorbutics must vary, so must their Diet; for in this hot Scurvy, the Solids should consist of Sorrels, Barberries, and sour Fruits. It became a Fashion, to give this Return to a troublesome Enquirer, that the Disease is the Scurvy; while the Physician perhaps is in Dispute with himself how he will treat his Patient, nay, and perhaps is watching to find what Diet agrees or disagrees with him; We all know the feeble Twigs of Discovery of the Cause by the † *Juvantia* and *Ledentia*, and yet we must have Recourse to them, where the other distinguishing Signs are wanting, or fail us. From all which it is evident, that the Diet of Scorbutics is never uniform, but must be governed by the Knowledge of the State of Juices then reigning.

#### *Hypochondriac and Hysteric Diseases.*

In Hypochondriacs, it is well known how much they differ in Constitutions; yet both the low and

† What helps. What hinders.

concentred

concentred Acid have one and the same Efficacy, in preparing the serous Part to divide easily from the grumous, and in irritating the Fibres or the Ducts of the Glands to throw off Saliva in a plentiful Manner; but yet they differ in this Particular, that Excess of Heat must require a very different Regimen about Meats and Drinks, from an Excess of Cold, which is the Case of many Hypochondriacs and Hysterics, that in the cold State, all the Pungents, Aromatics, and Bitters, as Mustard, Cloves, Horle Rhadish, Nasturtiums, and such like, are required, whilst they would so inflame the warmer Species, as to encrease their Thirst, raise vast Tumours in their Spirits, and even dispose them to Madness: But, on the other hand, the cooler Diet of slimy Things, as Gruels, Panado's, Jellies, Creams, Milk Meats, and Puddings, proper in the hot State, would so encrease the cold Species, as to introduce lasting Inflations, Constrictions on the Breast, Choakings, and Concretions of Blood, so that such sickly Folks, who may be reckoned true Valetudinarians, are not to be managed always alike, because Diet must alter, not encrease, a depraved State of Humours, for indeed Hypochondriacs are Scorbutics: and such must use the same Diet as has been ordered in the Scurvy, which is an equivocal Name, as we may easily discern.

*Rheumatism from a cold Viscidity of the Blood. The Cure.*

In a Rheumatism, the Causes of it differ widely; for though the Pains in both Cases do depend upon a Viscid, which is too gross to pass the smaller Vessels, yet this Viscid being produced in different Manners, varies the Intentions of Cure, whether by Drugs, or Diet: In the cold Rheumatism, where People are infested with running Pains, but where the



the Blood is not overheated, the Juices have been thickened either by Diet, or external Accidents; they have lived upon unripe Fruits, &c. or have exposed themselves perhaps to cold and frosty Winds, and have thereby rendered their Juices gross and unactive, the Circulation is retarded, and the Serum or Lympha, being thus thickened, stops at every small Vessel, distends them, and creates Pain, which is more or less lasting, as the Juices are more or less thickened: The Diet in this sort should be warm and attenuating: By such a Regimen we re-dissolve the Coagulum, and the Pains will thereupon lessen, and at last cease. As it is observed, that these Pains are conquered by Spirits of Hartshorn, it leaves us assured, that the attenuating Diet will answer our End: In this Case Bath-Waters are very proper for common Liquor; and our Drinks or Liquors should be well fauced with Bitters, Aromatics, or Pungents.

*Rheumatism from an inflammatory Viscidity, and its Cure.*

But on the other Hand, where these Pains are attended with Heat and Fever, and they produce a Swelling upon the Parts affected, the State of the Question is changed; the Blood indeed is viscid, and appears of a Buff Colour upon the Cake; but then this sort of Viscidity would be heightened by the Diet prescribed in the former: Water-drinking, Ptisans, and cooling Diet, is all we must rely on in this Rheumatism; volatile Drops would advance the Fever, and encrease thereby the Viscidity, and consequently the Pains: If we dilute well, and use Gruels, Panado's, and such like, we thereby prepare the Humours to be evacuated within fourteen Days. This is the common Term for such Blood to be digested and prepared to be carried off; for  
Y whoever

whoever administers Purgatives before that Season, raises the Pains he would allay: The Water shews its Digestion by its permanent Sediment, and the Constitution is known by the sedate Pulse, and Decrease of Heat and Thirst: Now it is the Patients may venture upon Diet which will promote Perspiration, and even Sweats; for the Humours are now prepared to pass off by any Outlet; and as Sweats are usual and useful, it is the Physician's Business to promote them; which he may readily do by large Draughts of Sack-whey, by frequent drinking of Teas made of Sage, Rosemary, Sassafras, Green or Bohea Tea, or such like; the Liquor being small dilutes and washes off the viscid from the obstructed Glands, while its Warmth keeps up an equable Motion of the Fluids: so that the Humours are carried out of the Vessels; and the Blood, having once parted with its morbidic Particles, becomes of a just Consistence, and is stocked with balsamic and nutritive Juices, so that it will from thence forward run on with Ease, and nourish as formerly. In either Case, the viscid requires Dilution, but in this latter Rheumatism, Dilution alone will serve the Turn; it separates the viscid Particles from each other, and envelopes the acrimonious Salts in the Mass.

*Nervous and scorbutic Rheumatisms: The difference between them. The Cure.*

Few make a Distinction between these two, but they differ widely in their Symptoms, although the former often succeed the latter: When the Blood has been habitually tainted with a Scurvy, the Spirits become of the same Stamp, and then the Nerves suffer in Proportion: In the scorbutic Rheumatism, the Pains shift from Place to Place without any Swelling, and they are increased by Night; but in the

the nervous, the Pains, how wandring soever, are yet accompanied with Convulsions in the Tendons, especially in the Wrist; they are periodical, but do not always infect the Patients at Nights. They differ in Degrees, and in the Seat of the Disorder; and therefore they require some different Measures.

If we consider that the Seat of periodical Pains never resides in the Part affected, as to the † *Causa mandans*, but only as to the ill Conformation of the Part receiving; we may then see that Friction by opening the Pores, by softning the Fibres, and by exhaling part of the Fluids through the Pores, prevents that Plenitude or Rarefaction, or some other Cause, from whence those Pains originally sprung; and therefore it serves at once as an Evacuant and a Diversion, by which Artifices the Humours are both put into the Condition of flying off, and the Part is also fitted for its Reception, without the Danger of being put into Spasms, which they would surely be, if we did not thus prepare them.

But Friction alone will not always answer the Point; for since the Periods are always found to depend on the Accesses of Fevers, the Bark of *Peru*, after a sufficient Evacuation of the Humours, bids the fairest for taking them off radically; however, this Medicine will sometimes fail in a periodical nervous Pain, and in that Pain, which some Physicians term the *Flatus Furiosus*: In the former Opiates will often cure, and in the latter Chalybeates will do the Feat. It is certain that Blood thoroughly depraved, but yet producing periodical Pains, sometimes eludes the Force of the Bark; this Blood is a Mine full of Destruction, the Bark can't enter it, nor consequently conquer it, till part is emptied, and part is changed, and then it will cease without the Assistance of this Drug.

† The Cause from whence the Humours are derived to the Part affected; for Example, the Heart or Nerve, &c. Fulnesses, &c. *Y 2* *Ischurius*,



*Ischuries, their Causes, and Cure.*

Ischuries proceed from various Causes, Stones sticking in the Passages do often occasion a Stoppage in our Water: In such an Emergency, Broths or Caudles, Mallow Gruel, and all Diet whatever, should now be such as to wash down and off this extraneous Body, and Birch Wine, in this Affair, is counted a Specific, it is a little forcing, dilutes and relaxes. But Ischuries proceed sometimes from a Quantity of Mucus lodged in the Passages, and then a dull heavy Pain is felt on the Loins, no Fever attends them, nor any Thirst: In such a Case, the Pain is dull, because the Matter that is lodged is relaxing, and the Fibres stretched in every Dimension without Trouble: In this Case, a mercurial Purgative will cure, by making the Patient void a large Quantity of Mucus; and surely the Regimen ought to be regulated by the Cause, for this being a phlegmatic State or an Obstruction, must be treated with attenuating Meats and Drinks: Therefore Wines, hopped Liquors, Victuals cooked up with aromatic Herbs, are the proper Diet to be insisted on; these thin the Blood in the Vessels, and being separated into the Kidneys, do re-dissolve the jellied Juices. But these Suppressions are not always thus occasioned, for a Plenitude it self often introduces them; the smaller Vessels are put out of a Condition of contracting themselves, and therefore of pushing forward the Blood, so that the Heart sending Supplies every Second of a Minute to the Part, these Twigs thus overloaden can't separate the Urine: The Load such People find on the Region of the Kidneys, and the full Habit of Body they are under, give us just Suspicion of the Cause; all that can be effected by Diet, is hardly sufficient to relieve; Fasting, though too slow a Remedy, is  
proper,

proper, but nothing relieves like large Bleeding. But if a Palsy be the Occasion of this Symptom, then warm and aromatic Plants in Liquor and Meats are necessary to open the Nerves, and cure their relaxed State. So that here also we are constrained to change our Regimen as the Cause varies.

*What Lassitude is, and from what Causes it proceeds.  
Lassitudes how abated.*

We will consider now what Lassitude is, whether occasioned by Exercise or Diseases; and will take Notice of some Diseases generally accompanied with Lassitudes, and see from what Causes they proceed; of this Kind is a Jaundice, where the Bile is blended with the Blood; and as it is gross and viscous in this Obstruction, both the Spirits and Blood will be of the same Nature, that is gross; and on such an Occasion this Viscosity will hinder the Secretion of Spirits, so that few will arrive at the Muscles; and therefore we will find an Impotence to Motion, for the Muscles will be full with Contents of a gross Nature, and feel weighty; and therefore they have a Weariness upon them. In the cold Scurvy, they complain of a Weariness of their Joints; there is a Fulness, because they feel heavy; the Juices are gross, because the Oils of the Blood are coagulated; there is therefore a sort of Stagnation, or at least a slow Circulation, depending on the Quantity, and the Viscosity of the Juices: There are few Spirits secreted, and therefore the Muscles are ill supplied for Motion, and the Weight of their Joints is an Argument of Matter stagnating and gravitating, which gives us the Idea of Weight. Hysterick Women often complain of Weariness, their Blood is viscid, and their Spirits are few: If this is the Case, and the Hysterick Cordials so often prescribed for raising the Pulse convince us it is, then they can't flow into the Fibres suffi-

ently, and therefore they feel an Inagility, or, in other Words, a Weariness.

But the greatest Instance of Weariness we have is in Fevers, whether high or low; in the high the Blood boils and blows up every Fibre to a full Stretch; there are Spirits enough afforded from such a Blood, and yet they are weary and feverish all over them; so that the Case must not be a Scarcity of Spirits, but a Compression of the Nerves; the Blood-Vessels are full, and so are the Nerves, but the Fibres being over-stretched press upon the Nerves, and hinder a sufficient Quantity from flowing into them, and by consequence deprive the Muscles of their Supply, and make them unable to move, and this creates an Unwillingness. Sleep too much indulged, brings on Lassitudes; because it inviscates the Mass of Blood, and obstructs or compresses thereby the Muscles, and so brings them on: Also a Heaviness of the Head; because by arresting a Load of Blood and Juices depraved by Rest, it also relaxes the whole Passage of the Brain; and material Diseases are known by a Gravity, a Weight, a Load, or Oppression; a Coldness, because Cold is a Rest or Cessation from Motion, and the Juices by too much Sleep, are stopped in their Career.

From this short View we may know why Friction will be useful in Weariness; namely, because in an Obstruction it opens the Parts, and invites an Influx of Spirits, and because in a Pressure it exhales Part and unloads the Burden; for moderate Friction only invites Humours to flow to a Part, but hard Friction not only invites them thither, but also exhales them: So that a Momentum added to stagnating Humours, opens Obstructions; and any Discharge empties a Plenitude, from which two Causes Lassitudes proceed. *Sanctorius* observes, that Lassitudes after Sleep are taken off by such things as encrease Perspiration, namely, by Fasting, Exercise, Watching,



ing, and Anger : So it appears, that want of Motion in our Fluids is the Cause of all Disorders that arise from excessive Sleep ; and that some of our Non-naturals, having a different Effect upon the Blood, must supply its Excess.

*How to know when we exceed in Rest.*

It is easy to know when we exceed in an unactive and sedentary Life, because the Water begins to grow pale, and contains a large, gross, white Sediment, the Colour of their Cheeks grows pale and wan, the Spittle grows thick and clammy, the Stools are covered over with a Mucus, and are not thrown off at proper Seasons, their Stomachs are infested with Wind and sour Belches, their Heads grow heavy and dull, and their Spirits are not free, their Appetites fail, and they feel weighty to themselves, and at last their native Heat decays.

*The Signs of a healthy Constitution.*

When Patients are set to rights they ought to be cautious how they tamper farther, because there is required a just Proportion of Tenuity or Consistence in the Juices, beyond or below which Health is destroyed : And we have no other Signs of Health, than that all our Functions go on in a regular Manner as they used to do, viz. our Appetite is good, our Digestion is quick enough, and our Stomachs easy, our Stools are regular and of a proper Consistence, our Urine bears a Proportion with the Liquors we swallow, and is of a nice amber Colour, we breathe easy upon Motion, our Pulse is natural, we move briskly, and walk without Trouble, and we have no Pains about us ; when, I say, we have brought our Patients to this pass, why should we insist longer upon Medicines ? If we do, it will be at their Expence of Pocket and Health.

## C H A P. III.

*Of Evacuations and Suppressions.**These Discharges necessary for Health, if moderate.*

**A**S to Motion and Rest, Sleep and Watching, as they are beneficial or prejudicial in Diseases, (*See my Treatise on the Causes and Cure of Diseases*) there are many Discharges intended by Nature, and which, when they are well performed, keep the Balance level between Sickness and Health; but whenever they are checked, Diseases are ushered in apace; or if ever they exceed their natural Measure, then immaterial Diseases immediately succeed. The principal of these are Perspiration, Urine, Stools, the Bile, pancreatic Juice, the Saliva, the Seed, the Menfes, the Lochia, and the Piles, the Milk, and Sweat.

*In Perspiration, what Particles part from the Blood,*

If Perspiration be duly performed, the Blood parts with a Quantity of Steams that are excrementitious, the Parts exhaled are partly saline, partly sulphureous, and partly watery; and these, if the Blood be well constituted, would add to the Quality of it; but if the Blood be cacochymical, they would add Parts disagreeable to the Juices, and make a bastard Plenitude: We are so framed, that every secretory Duct must perform its Office, to make Room for daily Supplies; and if they act according to Nature, the specific Qualities, Quantity, and Motion of our Fluids, are preserved, and our Solids are firm; but if it exceeds in Quantity, then Diseases follow.

*Most*

*Most Illnesses ascribed to Cold. How Fevers caused.  
How Coughs. How Consumptions.*

Nothing is more common than to ascribe all Illness to this Head; if our Heads ach, if we have the Cholic, if we cough, it is from Cold; and indeed so many Diseases take their Rise from it, that it would take up a Volume to enumerate them, and the Modus of their being introduced; some few of which I shall descend to: Fevers are immediately produced from a Stoppage of Perspiration, inasmuch as the Blood being cachectical, an Addition of a large Quantity makes it ferment, and this Struggle is a Fever; the morbid Particles being retained, increase the Heat, and make the Urine high coloured, and the Pulse quick: Such a Struggle begun, requires a longer or shorter Time for the Matter retained to ripen and digest; which when done, the Urine drops a Sediment, and the Quickness of the Pulse abates, and these succeed a just Abatement of the Heat.

Coughs are occasioned in the following Manner, the Matter retained fills the Vessels, and they being incapable to circulate the Quantity, drop some thinner Parts into such Glands as are most susceptible of them, the Glands of the Lungs being most tender in some People, receive them; so soon as they enter they stimulate and twitch the membranous Part of the Trachæa to Coughing, and this is a Sort of milking those Glands, by which they spew out large Quantities of Serum, and the Motion, if not timely diverted, is determined thither; so that at last an Inflammation and an Abscess are hurried on; that is a Consumption is introduced, where they cough and spit; where the Lungs are stuffed, Tubercles are bred, inflamed, and ulcerated: From such slender  
and



and slighted Beginnings, this grievous Disorder carries off thousands.

The Air of this Island is moist and cold for the generality, and our Pores are always in danger of being obstructed, if not guarded against, with warm Clothes or cold Bathing ; so that Coughs are plentifully introduced, more especially in Winter, as our Churches can sufficiently vouch for ; and out of Numbers thus seized, few of them take Care enough of them, till they are almost dead of their Colds, as they call them ; that is 'till their Lungs are truly inflamed, and till the next Step is an Ulcer of them ; which two last Scenes of Consumptions are not well understood by several Practitioners, and consequently not well prescribed to : In these Degrees so many Intentions concur, not known to them, that many must drop, who might have a good Chance for a better Fate.

*Cold Air brings on Pleurifies, and pleuritic Fevers ;  
brings on Lumbago's.*

Nothing is more common, than for the cold Air to bring on Pleurifies and pleuritic Fevers, they are often epidemical in Winter ; the Coldness of the Air has an Effect upon the Solids, and contracts them, so that they cannot throw off a determined Quantity of the *Materia Perspirabilis* ; but also it has a severe Effect upon our Fluids, and particularly in the Lungs and adjacent Parts ; no Pleurifies or Peripneumonies are more dangerous than those introduced from the Severity of the Weather ; because the Air entering the Lungs, coagulates the circulating Blood in that Part immediately, so that it stops there or thereabouts, and brings on these Diseases. Lumbago's or rheumatic Pains on the Back, are commonly introduced by Colds ; the Part being exposed  
for

for some time to the Air blowing cold upon it, is seized with a Stiffness and Pain, the Blood is congealed there, and is distended by the Blood rushing itself forward, which Distension gives a troublesome Sensation or Pain.

*Common Signs of Cold. It produces Swellings, stops the Lochia, and brings on a symptomatical Fever.*

The commonest Symptoms from Cold, are a Weight on the Forehead, a Running at Nose, and a Drowsiness, occasioned by the Retention of Matter, and its Stoppage somewhere about the Head, or at least a less free Circulation that way, by which it is thrown upon the Membranes, and upon the Glands of the Nostrils; where, if it finds a Passage free enough, it runs off the Cold, and the Pores again opened, the Fumes is subtracted. Swellings are often produced by this Stoppage, inasmuch as the Parts are loaden with a Quantity of Humours they cannot circulate on a sudden, and therefore they must inflate the Parts where they are deposited. Cold also has a bad Effect upon the Lochia; nothing is more prejudicial to Women lying-in than Cold; it constricts the Vessels and hardens them, so that the Blood which should run freely off is retained; hence succeeds an Inflammation, and a symptomatical Fever ensues, which proves fatal to most Women: Few reflect on the Nature of this Fever, and many treat it as an original one; whereas great Enquiry ought to be made about its Origin; if Cold has suppressed these Lochia, if upon their Suppression, Pains seize upon the Uterus, and if a Fever ensues, this is evidently a symptomatical Fever; but if the Lochia flow freely, if no Pains infest the Uterus, and if the Suppression of them followed the Fever, then is it an original Fever: But as the Causes of these Fevers differ

differ widely, so ought their Cures, which is not my Part to enquire into at present.

*Cold Air brings on asthmatic Fits. Why we receive no Detriment from the Coldness of the Air.*

Asthmatic Fits are often produced by Cold, and as soon as cold Weather comes in, they generally are stuffed up, and breathe short; Frost particularly locks up the Phlegm within their Breasts; it congeals the Serum, and makes it stick close to the Glands of the Lungs, and the closer it is united to them, the greater Force they are obliged to make use of to expectorate it, which repeated Endeavours do often hurry on Inflammations, so common to Asthmatics, and so fatal also to them; because they are partly to be treated with Medicines proper for the Inflammation, and partly with Anti-Asthmatics, which run counter to each other in their Intentions. It were easy to heap up a Catalogue of more Diseases arising from catching Cold; but in general, it may be observed, that when we receive no Damage from the cold Air, it is, because our Solids are equivalent to the Pressure and Coldness of it; but when its Qualities preponderate, so that our Fibres cannot resist by their elastic Force, but are too flexible and yield to it; then it must follow, that our Fluids, and indeed our Solids, every where are moved by it in any Manner: What can follow this Cession, but a Suppression of the greatest natural Evacuations, and all its Consequences?



*Perspiration too much increased, brings on Weaknesses: Causes hypochondriac Diseases; makes the Blood sily, and hurries on rheumatic Fevers.*

Perspiration may also be increased above what Nature can bear, and then we must expect Weaknesses to ensue; this is the Case of woollen Shirts, which heat and dry our Bodies, and are by no Means to be used in weak People; any Exercise whatever, which promotes this Evacuation too much, renders us weak and faint; the Excess of Motion throws off the Perspirable and Spirits together. This Excess of Perspiration, often introduces hypochondriac and hysteric Cases, where they perpetually complain of Faintness, and a Want, or a Vacuity within them; it is possible such Persons have indulged themselves, or have kept themselves too warm, by drinking warm Liquors, or by heaping warm Clothes upon them, and the least Excess overwhelms weakly People; their Fibres are either too elastic, or too much relaxed, so that any exterior Cause puts them into Convulsions or Weaknesses. Moreover excessive Perspiration leaves the Blood sily and rheumatic, an easy Experiment proves this, since Serum placed in a Spoon over a gentle Heat turns presently into a Jelly, and we are in the next Disposition to Rheumatisms, and rheumatic Fevers from this Incrassation; but more surely, if upon such Heat, we immediately expose ourselves to the Cold, for this is a double Cause; too much Exercise by increasing Perspiration has this Effect; Excesses in those Non-naturals, which hasten this Evacuation forward, must be forborn.

*Hard*

*Hard Drinking brings on Fevers. Serum, why milky, how amended.*

Hard Drinking does in a particular Manner excite a Fever in the Blood, and the Steams fly off through the Pores, in Proportion to the Motion thus accelerated; so that Drunkards seldom want rheumatic and fizy Blood; and moreover it is observed that such of them, as are always guttling and guzzling, have their Serum milky; the Reason of which seems to be, that they never give Time enough for the Chyle to be converted into Serum; to this End it is necessary it should circulate freely, and throw off by various Glands such Particles as are too gross and viscid to remain within the Blood-Vessels, so that such a Serum denotes Indigestion, changeable into true Serum by Chalybeates, Bitters, Pungents, volatile and fixt Salts, and a decent Forbearance from Supplies of more, 'till the former is digested: To feed so unmercifully as they do, is living as if they were to dye to-morrow; if they eat out of Wantonness, they should govern their Appetites by Reason; but if by the Force of a Disease, let them apply for Help from an expert Physician.

*Stools, if they go forward, naturally preserve Health.*

If Stools go forward as they ought, Health is preserved, that is, by them the fibrous Parts of our Victuals are carried down, as well as the grosser which are not fit to pass through the Lacteals; and according to our Meals, ought they to be regulated: Some People have but one every third or fourth Day, and there are some Constitutions that never have above one in a Week; but such can never preserve themselves sound for any considerable Time; it is therefore Nature's Business to give a  
daily

daily Account of her Burden. Every Constitution is specific in this Case, and it may give a Physician a tolerable Handle of guessing at the Strength of each Person's Fibres by the Quantity and the Stay of the Excrements; The Conditions of a natural Stool, are, that they should be of a good Colour; the Stools denote the Condition of the Bile, unless they are coloured with Claret, Steel, Saffron, Cassia, Rheubarb, Cochineel, or some other colouring Ingredients; which, when natural, is yellowish; whatever other Colour they have they denote some Fault in the Blood, which must be carefully regarded and remedied; their Consistence must be such, as neither to be too moist nor too gross; if they are too thin, the Chyle and Fluids run down, and they are robbed of their Aliments; if too gross, they stick by the way, and endanger Cholics, and even Inflammations, they should be proportioned to what is taken. We will now descend to some Particulars on their Excesses and Deficiencies.

*Stools, if too numerous, Weakness ensues. Children how live with numerous Stools. Fits for intermitting Fevers from Matter.*

If Stools are too numerous, the Body is deprived of Nourishment, and Strength decays; those therefore must of course be wasted: If the whole of what we take is distributed between the Lacteals and Anus, it were too much for this whole to be sent downwards; all Supplies being cut off from the Blood, the Spirits must soon decay: It would amaze one to see what Number of Stools, and what large Quantities of Excrements Children will have, when their Lacteals are obstructed, and be wasted to Skeletons, and yet live on; it is amazing from what Source they derive those Spirits, when upon Dissection it has been found that caseous Concretions have



have been bred in every Branch of the Lacteals, intirely stopping the Course of the Chyle, unless we grant what Dr. Boerhaave affirms, namely, that Part of the Nourishment is licked up into the Liver, by some Branches of the Porta; for he says there are no Lacteals in Birds, but there is a Passage from the Hollow of the Intestines into the meseraic Veins. This is a Resumption of the ancient Opinion; but as it seems reasonable, there is Room to give it Credit. We do not scruple in Cases of Extravasation, to allow that the gaping Mouths of the Vessels, I mean the Veins, resorb this into the Blood: What other Method have we of explaining how Matter in consumptive Cases is taken up into the Veins again, and how it introduces those Fits of intermitting Fevers, we so regularly and constantly observe in the last Stages of a Consumption? Wherefore I readily believe that this Passage is the Supply for Spirits in so universal an Obstruction of the Lacteals, as is observed in Children.

*Stools, if suppressed, bring on Cholics. From what Causes Costiveness proceeds. Costiveness brings on Head-Achs, Hartburn, &c.*

If, on the other Hand, the Excrements are hindered in their Descent many severe Disorders attend Patients: Cholics are an immediate Consequence of this Suppression; the Fæces being retained ferment and huff up the Bowels, and these Winds, which are Steams from them, finding no Passage downwards, distend, 'till the Excrements are duly provoked with Cathartics or Glysters: 'Tis here as in other Retentions; if Persons suffer no Inconvenience by their being checked, so long that Suppression is not unnatural; but if Winds, and Pain ensue, they ought to be promoted; and as in Crudities a Freedom of Stools is the main Remedy, so their  
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Retention must breed them : If Costiveness depends upon an Acidity, this betrays itself by Belchings of sour Humours; if upon Diet, they must know that all astringent, or viscous Meats are hurtful; nay, it sometimes happens from a voluntary Retention for want of Conveniency; in this Case the Excrements dry apace, and stick close to the Guts, and hinder their own Descent; from what Cause soever it proceeds, it disturbs the Head, for they lye in the Road of the descending Vessels, and whenever the Rectum is so enlarged as to press the Iliac Branches, it necessarily follows, that the Circulation will be confined to the upper Parts, and will thereby fill them with Blood; and as the Head is membranous and bony, there will be Difficulty for it to pass through those small and sensible Fibres, and Head-Achs will often ensue, which indeed are generally Attendants on Costiveness. Costic People do frequently complain of Heart-burnings, but either sour or bitter will occasion them; for to this Disorder, it is but necessary there should be a troublesome Irritation of the Fibres of the Stomach, either of which Humours, if concentrated, will effectually do: None are more subject to them than Brandy-Drinkers, and nothing is more usual, than sour Vomitings in such as are very liable to them.

*Costiveness fully accounted for.*

The Account Dr. Cheyne gives of Costiveness, is too short and imperfect; for besides the Paucity of Victuals, the Heat of our Liquors, the slow Digestion, and the Weakness of the peristaltick Motion, others may concur not relating to these Heads; for moreover, if they drink too sparingly, it is hard to avoid being costive; there is a certain Degree of Dilution necessary to keep the Faeces from being too dry, and sticking to the Sides of the Intestines;

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and

and the Nature of the Victuals are also to be considered, which may consist of Parts too stringy, juiceless, and as such seldom change their Figure, they roll down too lazily, and rub against the Sides of the Guts, and are long detained; besides, if the Intestines want their natural Mucus, which happens from numerous Causes, the Guts become very dry, and unfit for the Descent of Excrements; and sometimes the Choler is wanting, as in Jaundices, which is one of the main Promoters of Stools.

*Urine, if good and plentiful enough, we keep healthful.  
The Colour of the Urine, what it denotes. Effervescences within us, from whence.*

So long as the Urine answers in Quantity to what we drink, and so long as it is well tintured, it contributes to the Preservation of Health; the Proportion of Principles in it should be exact, and it generally betokens the Nature of the Blood; because if it is pale, it shews that either the Blood or Urine abounds with too many watery Particles; if it is too red, it shews that the Blood abounds in Salts and Sulphurs; if it be citrine, it generally betokens a Blood justly constituted: If the Urine be too thick it would stop in small Canals, and produce Obstructions; if too thin, it would boil and distend them, and endanger Breaches of the Vessels; or however Fluxes of various Sorts, by which the Patients would be pined away; whereas, when it is of an amber or citrine Colour, attended with a chylous Sediment, it denotes a just Proportion of Principles in our Blood fit for that intestine Motion which is specific to our Nature; none can deny such a Motion within us, as we call Effervescence, but the Modus of that is not easy to explain; if we view Bodies, that being blended effervesce or ferment, in a Microscope, all we can see, is that Bubbles a-  
rise



rise from certain Points, and take different Rounds, which break, and then disappear; whether this arises from Friction, as Sand in a Bag, or from Attraction and Repulsion, or whether from an innate Contrariety of these Bodies, is not worth while to dispute it; it is sufficient there are Bodies found within us, which are of contrary Natures, as Experience informs us, which being blended do raise Heat, and which being strictly united by Fire, and exposed, rise into a Flame.

*Pale Urine, what it denotes. The Urine of hysteric Women is light. How to distinguish between their Urine and Drunkards.*

I observed above, that the pale Water denoted either the Blood or the Urine to be watery; if both, there is no Heat almost in the Patient; but if the latter only, then it shews Spasms on the urinary Ducts, which straiten and suffer no grosser Particles to pass through them; they feel great Impediment within, their Heads feel heavy and mazy, their Breast is contracted, they complain of Choakings, if they feel no Hardness at Navel, at least their Bellies are inflated; their Pulse is often low, and frequently quick, as daily Experience has informed us. If the Water exceeds in Quantity, as it does in hysteric and hypochondriac Patients, or as it does in a Diabetes, where it is pale; as it is void of Contents, it must be specifically lighter than if it were coloured; those exceeding Quantities of Salts and Sulphurs, which at other times tinge it, must be wanting; and if the Blood be void of them, it is impossible for such Persons to avoid Cachexies or Dropsies; because, where there is little or no Effervescence in the Blood, the Particles not moving among themselves, the Circulation at last will be affected, and their Fluxes will then stand still, and congeal into a Jelly

in the capillary Vessels; but if the Blood is fraught with them, and the thin Particles only are drained through the Kidneys, then the Retention of these superfluous Salts twitches all the Membranes into Contractions, as we experience in hysteric Fits, which are known to be about to cease, when the Water begins to be higher coloured, and to lessen in Quantity: The Water of hysteric Women, and of Drunkards is easily distinguished, because the latter placed upon a Fire, or tried with Alkalines, will not be precipitated; but the former will: From which Instance it appears, that although there is not Matter enough to send down a Sediment, yet there are some heterogeneous Particles contained in the Water of Hysterics; and as Physicians are called to all Sorts of People, this may serve them as a Directory to distinguish between a Fit of Hysterics, and Drunkenness or Diffimulation.

*Suppressions of Urine, how caused and cured.*

If on the other Hand the Water be retained longer than usual; or its Quantity lessened, then the Bladder is stretched with the excessive Weight, and cannot perform its Office; this is common to Lawyers and Courtiers, who being obliged to sit or stand longer than Nature can bear upon necessary Affairs, when Nature calls upon them, restrain so long, till the Bladder is over-stretched, and loses its Power of Contraction; for such a Suppression, a Catheter is an immediate Remedy: But if this Retention depend upon the Grossness of the Blood, which does not part with its Serum, we must expect a Train of cold Diseases to ensue: It is not easy to remedy this Suppression; for the famed Diuretics, such as the Juice of Millepedes, Tinct. Salis Tartar. Spir. Nitri Dulc. &c. will often fail of their Effects; and although a Draught or two of Punch will  
some-

sometimes promote Urine ; yet the sole Method of promoting Urine to its usual Quantity, is to amend the Crasis of the Blood : If it arise from the Bladder, we are to consider whether it be a Stone, a Grume of Blood, a Callus, a Tumor, a Palsy, or any other Cause, that introduce it ; if the Cause be from the Kidneys, we must know, whether it proceeds from a Stone, an Inflammation, an Abscess, or Ulcer, from a Plenty of Blood, or any Cause of the like Nature, before we attempt to relieve it. I do not know of any Disease whatever that has worse Effects, or is more difficult of Cure, than a Suppression of Urine ; and therefore it ought to be well guarded against.

*Spittle, its Advantages, Smoaking, what Ills and Good it does.*

The Use of the Saliva or Spittle, will discover to us, what Damages can accrue to Mankind from its Suppression or Excess : If it softens the Fibres of the Victuals, and renders them more fit to part with their alimentary Tincture ; if it contains Principles fit for fermenting, as doubtless it does ; if it flows constantly, and is swallowed into the Stomach for softening, fermenting and blending the oily, the saline and watery Particles together, and making seemingly an uniform Liquor, which Physicians term Chyle, it answers Nature's first Purpose of Digestion : How imprudent must they be then, who are prodigal of so useful and so necessary a Liquor ? Smoaking is become an universal Practice, and is used more as an Amusement, or an Assistant for Guzzling, than for any Good expected from it ; mean while nothing contributes so much to abate our Appetites and Concoction, as this Abuse : The Salts of it are of the alkaline Kind ; besides, it is stocked with rank Sulphurs, neither of which conduce to raise an Appetite :



Indeed Smoaking is beneficial to Persons subject to Defluxions on the Lungs; it is a strong and constant Revulsion, and will take off phlegmatic Coughs and Hoarsenesses; but then are healthy Persons to be pinned down to Rules, which are only to be followed by some few subject to breed too much Phlegm? Nor should those very Persons tamper with Tobacco in the Summer, which is a Season that dries our Humours; in short, the healthy, and they who are of a warm Constitution should avoid it; because the first perform their Functions well, and the latter would be more heated thereby: Smoaking also by drawing the Spittle, contributes to make us lean; and scorbutic Persons, whose Mouths are apt to flow with Spittle, by spitting often, grow emaciated: Let the Taste of it be ever so nauseous, the Damage we receive by swallowing it, does not come up to the Disadvantage we suffer by throwing it out; a depraved Digestion is better than none: When therefore we spit out all the Saliva, or when it is suppressed, and our Mouths are too dry, we suffer equal Damages.

*The Child-bed Purgations, and the Months in Women, when regular or irregular.*

I shall take a transitory View of the Advantages of the Menfes and Lochia's Regularity, and of the Damages received by their Suppressions and Excess; The Measure of Womens monthly Purgations is not determined; but some Authors have computed, that the Quantity of a Goose-Egg is sufficient for most; it must be computed by their Size, their Appetites, and in short, by their Plenitude: And as an exact Proportion is hard to be commanded, therefore it is, that Women are generally tender and sickly; if their Blood become too gross, they labour under Green-Sicknesses, and all its Consequences;

nd sometimes inflammatory Disorders, if the Blood be rheumatic; if the Blood be too sharp and hot, they have too many of them, and complain of Anxieties and Weakness; and at last the Excess throws them into Dropsies. If the Lochia flow enough, the Blood, which had filled and distended the Uterus, is thrown out, and then that Organ returns to its ordinary Size; but if they are suppressed by Cold or otherwise, Inflammations and inflammatory Fevers ensue, which are attended with Convulsions and Death. Where they flow immoderately, their Strengths decay apace, and they die of Swoonings; and the Spirits being much disturbed, of Convulsions also.

*The bleeding Piles in Men, their Use, their Regularities and Irregularities, and what follows.*

The bleeding Piles are to Men, what the monthly Purgations are to Women; with this Difference, that the sedentary and solicitous are only subject to them; whereas the former are natural to all Women: And as Care and a sedentary Life are the Business of the female Sex, perhaps the same Kind of Life is the Occasion of these Fluxes in both; Virago's, who use strenuous Exercise, have few of them, and this confirms my Assertion the better. They become therefore necessary to some People, and ought carefully to be promoted, when Nature has once found that Vent; for if they be checked, they fall upon the Kidneys or Bowels, and cause a pissing or vomiting of Blood, &c. As the same Symptoms attend their Suppression and immoderate Flux, and as the same Cure is required for these Faults, as in the Menses, it is probable they are univocably caused; and they are equally useful to Men, as the Months to Women.

*When Evacuations of Blood are excessive, what follows. What happens upon their Suppression.*

'Tis in vain to proceed to enumerate more of these Evacuations: I shall only conclude, that where any of them, especially those of Blood, do exceed their natural Quantity, the Juices are thereby depauperated, and rendered cold; the Spirits, and all the Warmth of our Body are exhausted; for Warmth shews that there are active Principles lodged within us; that is, that the Blood is loaden with saline, solid, and other Corpuscles of a contrary Nature, which by their frequent Attractions, Occursions, Frictions, and Attritions, divide the Juices into such minute Particles, that they will pass the least Vessels, and then the Secretions are regular, and are constantly well performed; but when large Evacuations happen, these Salts, &c. are carried out of the Vessels, the Motion then abates, and Stagnations, Obstructions, Cachexies, Dropsies, Atrophies, and such like, do necessarily ensue.

And on the other Hand, if the natural Evacuations are suppressed, the Blood-Vessels are filled with all Sorts of Particles; so that sometimes they become gross thereby, and then Jaundices, Asthma's, Apoplexies, and such like Diseases, are introduced, where the Fibres are stopped up and clogged with phlegmatic and cold Humours; at other times they become too saline, and then Leprosies and other Eruptions ensue, where the Salts erode the Skin, are thrown out, and scale off; but if the Humour retained, chances to overheat us, and inspissate the Blood and Serum, then Inflammations and inflammatory Fevers seize us, where the Viscid is loaden with picquant Salts; by Virtue of which, they, in the smaller Vessels, stimulate the Fibres sorely, and invite thereby a Flux of Humours to the Parts,

from



from whence Inflammations arise. Quartans, and all intermitting Fevers, do sometimes spring from the Retention of some particular Secretions, where the Shiverings and hot Fits succeed each other in a regular Manner; that is, where the Juices are so concreted at first, and that all intestine Motion is drowned for a while; which is followed by a Paleness of the Face, a Difficulty of Breathing, a Weariness, a Coldness of the Back, and Faintings; but after the Fibres have tossed the Juices by their Oscillations, and moved them into Occursions, the Particles begin to exert their fermentative or intestine Motion, and then Heat ensues. These, and many more Diseases, arise from Retentions or excessive Evacuations, which more particularly belong to a Treatise of Diseases, than to this Place.

#### CH A P. IV.

##### *Of the Passions.*

*How we are compounded, and the Laws we are placed under. Abnegation, what it denotes, Virtue, what.*

**M**EN are Creatures made up of Soul and Body, of an intelligent or spiritual Being, and Matter; the Almighty has chained these two into one Compound, each of which have different Laws: They are however so framed, as that Matter shall be subject to the Spirit, unless the Understanding be obscured by Diseases of the Brain, or unless upon the first Assaults of them, where the Laws, both divine and human, are very favourable: For what are the first Motions of Passion, but short Fits of Madness; in them the Spirits run their Career with greater Fury and Force, than can be conquered

quered at first; we are all sensible also of the Force of Custom: Habits almost entail a Necessity upon us, which want the Hand of God in an eminent Degree, to deliver us from their Tyranny. Nothing more strongly confirms the Presence of a spiritual Being, than \* Abnegation; it both argues a supernatural Gift, and a Soul: Brutes do necessarily will, and, as far as they can, execute what pleases them; but Men, instructed from the Law of God, have strong Appetites, which they refuse to gratify at so great an Expence, and this we call Virtue: Where our Appetites run high, the Diffidence we have of our selves makes us fly those Occasions, which strike the Imagination too forcibly.

*The order of Willing. How we will any thing. Christianity, its Advantages.*

The Will, say the Divines, is a blind Power, it follows the Understanding, as this does the Impressions made on our Senses; if therefore this intermediate Power, placed as it were between our Will and our Senses, should receive any Prejudice from the sickly, or disordered State of our Fluids and Solids, it neither receives the Impressions well, nor gives a just Idea of them to the Will; so that if Precepts and Grace don't prevent us, we fall into grievous and pernicious Errors; nor can they merit this Appellation, if our Senses and Intellects are much diminished. We will nothing but under the Shape of Good; a great deal of Pains should therefore be taken with our Intellect, that it may have a true Taste of what is good, and that it may represent no false Colours to us. Much Learning and Reasoning have been made use of since the coming of the Messias, to instruct the Understanding upon

\* A positive and absolute Denial of a Thing. With Divines, the renouncing our Passions, Pleasures, and Lusts.

this

this Topic, but still our Passions prevail; all the Instances of Harms ensuing, and Good to come, prove too feeble to persuade when the Fire is kindled; all the Remedies prescribed, without complying with supernatural Grace, prove fruitless; we still are deaf, and run counter to Commands and Injunctions; the future Pleasures or Pains seem distant Prospects, when our Appetites are hoisted: How unhappy Mortals should we be, if, like our Forefather *Adam*, we were to be banished from Paradise for our first Fault; But the new Law has provided us richly with Cures for our Wounds; for if we would but hope and fear strongly, and apply the Remedies prescribed, our Passions would be kept in Chains; strong Hopes of a future Reward and Happiness, joined with a Horror of Evil, and a strict Application of the Instruments of Grace, seldom fail of soothing and calming those terrible Storms raised within us.

*How far Physicians have to do with regulating the Passions. Passions may be conquered, and contrary ones introduced.*

So far Physicians have occasion to meddle in this moral Part, as to know how to instruct their Patients, to avoid or conquer those Passions, which throw them into Diseases; 'tis their Affair to shew those how to parry them, and also to demonstrate to them, how they affect the Body, when they produce Distempers. Good Sense and raising a different Idea often do this Work: How many Instances could be produced, where Men, the most passionate of living Creatures, have become by good Sense and Piety, the meekest of Mortals. Yes, the Passions are to be conquered, if we go the right Way to work, and the Conquest is richly worth our Pains, where great Good is expected thereby: The Advancement of a Family, the Recovery of Health, and Prevention



tion of Relapses, the Serenity and Calmness of the Mind, and our future Felicity, do all depend upon this Conquest.

*What the Physician's Business is with the Passions; and of what Use Physick is. Nervous Diseases not easily conquered, but sanguinous readily.*

I shall now shew and explain with the utmost Perspicuity, what Emotions and Tumults the Passions raise in the Brain, and what Diseases they occasion and relieve.

Some few Observables ought to be premised, namely, that Physick is of little Use to change a Disposition to Passion; this ought to be done by studying how to rectify the Mind, and how gradually to accustom our selves to a different one; however where Passions are raised from the Disposition of the Body, and such we call natural Inclinations, we may change the Juices by proper Discharges; for in excessive Melancholy, encreasing Perspiration, or some other equivalent Secretion, takes off the Redundance of gross Humours, which do often give Rise to this Disease; and upon the same Account, such Diet as is aperient in aiding, and perhaps heating, will attenuate the Juices, will generate more ætherial Spirits, and greater Plenty also of them, and will make them move more briskly forward, and consequently will banish those dismal Representations which deep Sorrow and Melancholy are accompanied with. The Force of Passions is greater upon the Juices than that of Exercise; for the Scene of Action is originally in the Brain, and an excessive Tumult raised there, is more effectual in moving the Fluids, than if began in the Blood; neither Rest nor Sleep will take off this Tumult, but both allay Fatigue or Over-heats. When we are called to relieve a nervous Disorder, depending upon a

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Hurry

Hurry in the Spirits, they are not easy to be conquered: An Irritation ever so violent may soon be allayed; but when the Spirits are put into Motion, their Force is so prevailing, that they are hard to quell; and *Sanctorius* observes, that Perspiration is harder to be reduced to its former and natural State, when it is augmented by Passions of the Mind, than if it had been encreased by Exercise.

*The Soul and Body have mutual Effects upon each other. The Modus of the Union between Soul and Body not known.*

From these Premises it appears, that the Soul and Body have mutual Effects upon each other; that the Blood will dispose Persons to Rage; and that the Spirits enraged, will throw some into Diarrhea's or Fluxes. This Connexion is certified by every Instance of Life; but as no Man could ever yet explain the Modus of the Union, methinks it is a bold Task to undertake to determine on higher Matters, 'till we conquer this Puzzle; we pronounce with an Air of Assurance on what concerns the Divinity and all its Ordinances, and yet we can't say any thing certain on our selves; the highest we can go, is to affirm an Union between Matter and a spiritual Form, and it would be acting against common Sense to deny it; but why this Form should be obliged to lose its Power of acting where the Brain is distempered, here all are silent.

*What Effects Sadness has upon human Bodies. How the Nerves behave in Sadness and Fear. The Consequences prove this Assertion.*

But to proceed to Particulars; let us take a View what Effects some of the most noted Passions have upon human Bodies; In Sadness the Ducts and Syphons

Syphons of the Brain are in like manner straitned and contracted, as Bathing contracts the whole System of the Fibres; if a retrograde Motion of the Spirits could be allowed of, we should say that they retired into the Brain, and fled into a safe Retreat: However it looks as if the Nerves in fearful People had an Anti-peristaltic Motion, by which the Spirits were impeded and checked in their natural Excursions; and this Condition of the Nerves is the rather to be thought the true State of Nature under Fear, because all the Consequences follow naturally from it: For why does the Blood flow more sparingly and more lazily through the Vessels? but because the Nerves being closed up, do permit no Passage for the Spirits to run to the Heart, which being deprived of their Influence, cannot contract or dilate as it ought. Why do we sigh when sad? but because the Blood stands still in the Lungs for some time longer than usual, and they feeling the Load at last, are stimulated to shake it off by a strong and long Inspiration, which is of Course followed by a long Expiration. Why do the Cheeks in Sadness grow wan and pale? but because all the Blood does not run to the Extremities for want of Spirits to actuate its Course. Why does the Tongue fail? but because the Spirits are denied to the Muscles that move it. Why does their Heat abate? but that the Particles are congealed, and a Lentor is introduced, from a decreased Influx of the animal Spirits. From this State we meet with destroyed Appetites and with depraved Constitutions, from a want of Spirits, and from a want of intestine Motion: 'Tis usual in Palsies to want a Stomach, and to digest badly, because the Spirits concur to every Action in Life; wherefore, if they are wanting, that Function, whatever it is, must be ill performed.

Why does Fear produce the Scurvy? but because it arrests the Motion of the Spirits and Blood;  
and



and Juices stagnating grow tart, and taint the whole Mass; from hence it is that such People are subject to Heart-burns; and from hence also a lasting Melancholy is produced. Why are sad People subject to Vapours and the hypochondriac Disease? but because the Spirits being arrested in the Brain, are few, and from hence the Stomach, the Bowels, the Heart, and every Part is robbed of their Influence; the Juices therefore stagnate every where, and growing sour irritate and twinge the most sensible Membranes into Pains, occasion Inflations in the Bowels, and blow up the Mesenteric Nerves into Spasms, so that somewhat like a Ball rises at the Navel. Why are Obstructions produced from this Passion? but because all viscid and gross Humours are the Cause of them; but the Blood moves slowly, and consequently congeals for want of Motion; and Motion is a Consequence of Plenty of Spirits; since therefore they are shut up by this Passion, Obstructions ensue. Why do the Parts grow hard by immoderate Fear? but because they grow rigid for want of Humours, and the Humours are arrested in their Motion, wherever Spirits are wanting; Hardness is a close Arrangement of the Fibres; if they contain Moisture between them, they are soft; but if this Moisture is drained or denied, they approach to each other and grow hard; and as the Spirits do not circulate the Blood, affording Moisture, the Fibres therefore grow hard and rigid.

*What Terror is and does to Mankind.*

I cannot pass by one Observable, namely, that Terror is only the Height of Fear, and what grievous Consequences do we not see attend this Passion? It immediately curbs any Evacuation of Blood; it takes off convulsive Coughs, and will in an Instant strike Persons dead; and there have been Instances, where

where great Frights have brought on Convulsions and Swoonings, and killed the Patients in less than two Hours: Here I suppose we may allow that the Spirits were at once denied all free Passage from the Brain to the Parts, and that this Obstruction, this Congelation was universal, so that the Body must necessarily grow cold and turn a Carcase in a small Time.

*Anger, its Effects upon human Bodies. An Explanation upon whatever happens from it.*

Having given a Detail of the Symptoms, accompanying and following the Passion of Fear, we will descend to some of those depending on that of Anger. As Fear has been shewn to depend on a Contraction of the Fibres of the Brain, so is it reasonable to conclude that Anger dilates the Passages, and produces all its Consequences by Virtue of this Principle.

For why are Persons subject to this Passion capable to bear Fatigue? but because these Spirits flow freely into the Fibres every where, and do therefore actuate them uninterruptedly; they keep them therefore constantly supplied, and in a proper Degree of Tension. Why does this Passion excite a Flux in some People? but because the Spirits flow into the Intestines, and contract them into Spasms, and the Reason which determines them thither, must be, that the Nerves running to that Canal, are wider than others. Why are they subject to Convulsions, Epilepsies, and Palpitations? but because their Spirits flow with a vast Impetus into all the Nerves; when Nerves are blown up, they shorten and draw the Parts, to which they are chained, towards the Original; that is, they throw us into Convulsions. Why do Fevers of all Kinds ensue this Rage? but because the Blood and Vessels are hugely tossed by it. Ravings have ensued Rage, be-  
cause

cause Rage is a short Madness, and Madness is a continual Rage, so that they differ only in Degrees. And as Anger is a dangerous Edge-Tool, for it is not easy to be angry and not sin, it ought never to be advised; Fears are fit Passions for Women, and Rage should only dwell in *Bedlam*; and as the Passion of Joy is sufficient to excite a Motion in our Fluids, we will trace its Effects on Mankind.

*Chearfulness how it affects human Bodies, and an Account of whatever happens from thence.*

Chearfulness helps forward the Perspiration, and therefore contributes to make the Body lighter, because it dilates the Canals of the Nerves, and gives a free Exit to the Spirits; it encreases their oscillatory Motion, and also that of the whole System of our Fibres; it therefore dissolves and fuses the Blood, for when the Fibres are vigorously vibrated, the Fluids are thrown forward in Proportion to their Motion, and if our Juices be kept moving, they grow thinner thereby, hence the Systole and Diastole of the Heart become regular and steady; hence all the Secretions, depending upon a regular Circulation, are justly performed, nor is any thing retained which may taint the Mass of Humours, nor is any Matter thrown off, but what should part from the Blood. However an Excess of this Passion will disturb our Rest, and exhaust our Spirits, and it has been known, that excessive Joy has occasioned sudden Death. We have Instances, how Excursions of the Spirits in too plentiful a Degree do weaken, and sometimes destroy in convulsive Cases; the hysseric Cordials so frequently prescribed, have no other View than to prevent the Consequences attending such an Excursion. Let us take a View of an epileptic Person after a Fit; they fall into Melancholies, Palsies, Tremors, Loss of Senses,



and phlegmatic Diseases; they complain of Pain and Soreness all over them, and are excessively weak for some Time after, these Symptoms shew what Weakness the frequent Excursion of Spirits brings on the Epileptic; in like manner, Joy exceeding its Bounds dissolves and weakens us.

*The Effects of all Passions may be referred to that above-named.*

And as all Passions partake of these mentioned, as to their moving the Spirits and Juices, we shall supersede any further detail on them; for since the Design of these Sheets was only to take a View of whatever in the Rank of Non-naturals was hurtful or useful to Mankind, and to give the Modus, as near as we could, how and why they were so; having performed that Duty, it is high Time to close up this Discourse, and proceed to the Non-necessaries.

## C H A P. V.

### *Of the Non-necessaries.*

**T**Hese differ from the preceding Non-naturals, inasmuch as we may or may not use them; for Example, we can't live without Air, Victuals, Sleep, Motion, and the like; but it is not necessary for us to live in foggy or fenny Countries, to be confined to certain Meats or Drinks, or to sleep longer than we please; wherefore we shall consider some Remarkables under this Head, which have not been handled above.

*Clothing*

*Clothing is referred to this Head.*

To this Head Clothing may be referred, which guards us from the Injuries of the Air; they ought to be proportioned to the Perspiration, which we must keep as near as we can to a stated Quantity; wherefore in this Country of *England*, the Winter and Summer differing vastly in Heat, nothing deceives the better Part of those lying down of Fevers, so much as the Mistake of not putting on their Winter Garments soon enough, and of leaving them off too early; hence, I say, proceed most of our autumnal and vernal Fevers: Indeed they who indulge in Wine, to such a Degree, as keeps up the due Quantity of Perspirabile, may escape Colds or Fevers; whether at the Expence of Frugality and Decency is not my Affair to discuss.

*Diseases of Tradesmen, their Causes and Cures.*

To this Head principally belongs the Kind of Life we lead, and as our Professions and Trades throw us into Diseases, I shall descend to those Particulars.

The Symptoms attending Workers in Mines are Costiveness, Difficulty of Breathing, Paleness, the splenetic Disease, and Swellings of the Legs; wherefore they should be careful of rectifying the Air, by making as free a Vent above as possible, and live on fat Broths, Milk, and the like.

Copper and Tinworkers are subject to Asthma's, and Coughs, and therefore they ought frequently to feed upon soft and smooth Diet, and farinaceous Substances, as Milk, Butter, Rice, Wheat, and such like, to prevent their Disorders.

Gilders are asthmatic, paralytic, and subject to Giddiness and Scurvies: wherefore they should of-

ten take Physick, and keep warm by the Fire ; because Physick carries off Mercury, and Fire exhales it.

Chymists labour under Consumptions ; the corrosive Steams gnaw and exulcerate the Fibres of their Lungs, and as most of the noxious Steams are acid, therefore Alkalines, whether fixed or volatile, are of Use.

Glassworkers are subject to Pleurifies and chronic Coughs, and therefore Salts which will hinder a Congelation of the Blood are conducive, particularly the volatile.

Potters are subject to Palsies, Lethargies, and Cachexies ; wherefore, Chalybeates and mercurial Purges are Remedies proper for them.

Painters have Tremblings of the Joints, Cachexies, black Teeth, discoloured Complexions, a melancholic Disposition, and a Loss of Smell ; here volatile Spirits are of Use to prevent the Minerals so often swallowed down from turning corrosive.

Blacksmiths are bleary-eyed, and their Eyes are subject to Inflammations, they are also costive, for which Inconveniences they should apply Milk, Barley Water, and white Troaches, either to prevent or cure ; and should for their Suppers eat Barley-Gruel with Raisins and Currans in it.

Fullers, Oilmen, Tanners, Cheesemongers, and Tallow-Chandlers, fall under one Head ; the Smells attending their Trades make them subject to Head-achs, Giddinesses, pale Complexions, and loathing of Victuals ; for which Emetics, Cathartics, Vinegar, &c. are proper ; because as the Steams mingle with the Spittle, and are swallowed down into their Stomachs, they mingle also with their Nourishment, and load their Juices with nauseous Oils, which are best corrected with gentle Acids.

Tobacconists are injured in their Heads and Stomachs ; upon which account, we should prescribe Vomits,



Vomits, and as the Tobacco contains a strong sulphureous Salt, such as chew it, should take gentle Acids to join in with the strong alkaline Salts of the Tobacco, and correct their Irritation and Dissolutions they would introduce.

Bearers of Corps, and Grave Diggers, are subject to suffocating Catarrhs, Dropsies, and malignant Fevers; they should be advised to Physick to carry off the Matter which is swallowed down, and to Sours to correct these putrid Salts devoured.

Nurses are subject to Hysterics, Head-achs, Vertigo's, and Difficulty of Breathing, to curdling of Milk in the Breasts, and to Consumptions; these Cases are so various, that it is hard to determine on them without Advice: As one Symptom is constant, that is, Exhaustion, they naturally take care to feed the Child by filling themselves.

Vintners and Brewers, who do not indulge in the Liquors they vend, are subject to grow lethargic, meagre, dejected, giddy, to want an Appetite, and to make much Water; because Steams that arise in the working of these Liquors in their Cellars are acido-sulphureous: And therefore as they are swallowed, or even enter by the Pores, they put the Blood and Juices into a Struggle, and raise Head-Achs, and such like, from a Plenitude they occasion in the Vessels.

Sours seem better fitted to arrest this adventitious Struggle than any volatile Spirits, and therefore Vinegar, Posca, roasted Apples, and such gentle Curbers of Fermentation, seem better to answer their Purpose; hence it is, that dulcified Spirit of Nitre is by some reputed an Arcanum against Drunkenness and its Effects.

Millers and Bakers labour under Asthmas, and the Reason is plain, because the Atoms of the Flour arise and enter their Breasts, and as they are of an emplastic Nature, they fix upon the Passages of the

Lungs, and hinder the Secretion of that Part, then they will tumefy, and Straitning the Passage for Air, will bring on Asthma's: Now as these Asthma's are produced by an Obstruction of the Glands, the Cure is the same as at other times, only some Care is to be taken to prevent the Entrance of these Atoms.

Stone-cutters die of Asthma's, from the subtile Powder of the Stone ascending and loading the Passages; and this we have often found verified in such Workmen, who even studiously used to turn their Backs to the Wind, and were fond of that Weather; and as such Asthma's are generally invincible, it is their Business to guard the best they can against them.

Masons and Bricklayers are subject to Consumptions from the caustic Quality of the Lime; against which Water-Drinking, and eating Almonds are Preservatives, as well as sanative in Disorders from thence. And Lime Workers are troubled with Asthma's, Costiveness, tense Hypochondres, and Pains at Stomach; all which Symptoms are best relieved by Milk Meats and Oils.

Laundresses and Washer-Women, by keeping their Feet constantly wet, bring on Suppressions of their Menstrua, and Cachexies from thence, as also Coughs and Asthma's, Fevers and Rheums; for which we must give Emetics and Cathartics, to throw off the Redundance of Humours retained by the Stoppage of the Pores; and Aperients to restore the Perspiration, as well as to open the Suppressions introduced.

Hatchelers of Hemp are subject to Coughs and Blear-Eyes, and Silk Workers to Consumptions: All these afford subtile Particles, penetrating into the Parts, and corroding them, so that Irritations and Inflammations ensue; wherefore, in order to prevent any Consequences, or to cure them when produced,

produced, they should fall into a Milk Diet, and take all smooth Plants to envelope the acrimonious and ulcerating Salts.

Mariners are subject to the Sourvy and Costiveness, from the saline Vapours arising and entering with our Spittle, into our Mass of Blood, and tainting it; however I believe the salt Victuals they live upon is the main Occasion of all their Symptoms; for they are obliged to feed upon salted Meats so plentifully, that their Blood is highly infected with it: to cure which Water-drinking and Acids will answer their Purpose.

To be brief, Standers prejudice their Limbs, and direct the Course of Humours into them; Sitters grow pale and scabby; Runners are subject to Ruptures of Vessels; Grooms and Riders to Ruptures of Vessels also, and to Pains of the Back; Porters to Asthma's or Ruptures; Wrestlers to Swoonings, and Breaches of Vessels; Watch-makers to Blindness, and Singers to Ruptures.

Husbandmen are subject to Colds, Catarrhs, Cholics, Quinries, Fevers, and Defluxions, all which proceed from the Inclemency of the Air, stopping up the Pores, and loading the Mass with a Quantity the Vessels can't with Ease contain, so that it extravasates and produces the Diseases they are subject to.

I shall conclude with the Diseases of Learned Men, who sit much, and study hard: Now, I say, they grow cachectical, and at last lethargic; and well they may, since they exhaust themselves to serve the Publick.

These are sufficient to shew, that procacartie Causes, whether necessary or non-necessary, do act univocally in producing Diseases, and that those Diseases are very often advantaged as to their Cures, by viewing their evident Causes: If we narrowly enquire into every thing that has preceded our Dis-



temper, and possess a true Notion of the Qualities of the introducing Causes; if we also heedfully look into the Symptoms, and see what is doing within us; and lastly, if we collate these Appearances with these Causes, it is hardly possible for us to be mistaken in the Disease, in its Cause, in its Consequences, or in the Cure, so far as can be done.



# APHORISMS *of* HEALTH;

O R,

## RULES to preserve the BODY to a good OLD AGE.

I.

**I**T is not good to eat too much, or fast too long,  
or do any thing that is preternatural.

II.

Whoever eats or drinks too much will be sick.

III.

If thou art dull and heavy after Meat, it is a Sign  
thou hast exceeded the due Measure; for Meat and  
Drink ought to refresh the Body, and make it chear-  
ful, not to dull and oppress it.

IV.

If thou findest these ill Symtoms, consider whe-  
ther too much Meat or Drink occasions it, or both,  
and abate by little and little, till thou findest the  
Inconveniency removed.

V.

Pass not immediately from a disordered Life to a  
strict and precise one; but by Degrees abate the  
Excess; for ill Customs arrive by Degrees and so  
must be wore off.

VI.

That Kind of Food digests and perspires best of  
all, and conveniently nourishes, whose Weight is  
not felt in the Stomach.

VII. Plentiful

**VII.** Plentiful Feeding is more hurtful in a sedentary and idle Person, than in one that is employed; for the Entrails are made heavy by Rest, but are eased of their Weight by Exercise.

**VIII.** If the Meat does thee no Harm, it matters little what it be; but all Sorts of Food must be avoided that does Prejudice, though it please the Taste never so well.

**IX.** If thou canst but find out every Day what Quantity of Meat is convenient for thee, thou wilt know how to preserve thy Vigour and Life a long Time.

**X.** That is the most healthful Proportion of Meat, when, after eating, the Body performs whatever it has to do with the same Agility as it was fasting.

**XI.** After Diet is obtained, the Appetite will require no more than Nature hath Need of; it will desire as Nature desires.

**XII.** Three Inconveniencies are consequent to Mens feeding on Variety of Meats; there is an Excess of Eating, the Concoction is less, and the Perspiration less.

**XIII.** That Person who eats more than is required, is nourished less than is requisite; and the Strength of Nature will, by that Means, be impaired.

**XIV.** To eat immediately after immoderate Exercise of Body or Mind, is hurtful; for the wearied Body perspires with some Difficulty.

**XV.** Old Men can fast easily, Men of ripe Age can fast



fast almost as much; but young People and Children can hardly fast at all.

XVI.

Let ancient People eat Panado made of Bread and Flesh-Broth, which is of light Digestion: An Egg now and then, will do well.

XVII.

It is safer for aged Persons to eat thrice in a Day, than twice, or to eat much at once; for it much obstructs Perspiration.

XVIII.

Growing Persons have a great deal of natural Heat, which requires a great deal of Nourishment; else the Body will pine.

XIX.

Purging Stools shew intemperate Feeding. Too full a Meal hinders Perspiration, fills the Guts with Wind, and causes Gripes.

XX.

The more you feed foul Bodies, the more you hurt yourselves.

XXI.

No Man will fall into any Disease, if he carefully provide that he be not troubled with Crudities.

XXII.

Strong Men, and those that labour hard, require more Food than Women, the Weak, the Unactive, and the Aged.

XXIII.

He that studies much, ought not to eat so much as those that work hard, his Digestion being not so good.

XXIV.

The near Quantity and Quality being found out, it is safest to be kept to.

XXV.

Excess of all other Things whatever, as well as in Meat and Drink, are to be avoided; excessive Heat

Heats and Colds, violent Exercise, late Hours, un-wholesom Air, violent Winds, and the Passions.

XXVI.

Youth, Age, and the Sick, require a different Quantity.

XXVII.

And so do those of different Complexions, for that which is too much for a Phlegmatic Man, is not sufficient for the Choleric.

XXVIII.

The Measure of the Food ought to be proportionable to the Quality and Condition of the Stomach, because the Stomach is to digest it.

XXIX.

The Quantity that is sufficient, the Stomach can perfectly concoct, and answers to the due Nourishment of the Body.

XXX.

Hence it appears, we may eat a greater Quantity of some Viands, than of others of a more hard Digestion.

XXXI.

He who goes to Supper with a disturbed Mind, digests much less than another, who is undisturbed, and chearful.

XXXII.

In a cold Body, Honey is good, because it nourishes and perspires; in a hot, it is hurtful, because it turns into Choler.

XXXIII.

There are two Things extremely prejudicial to good Health, viz. to give up the Body wholly to Slothfulness, and to eat before the Concoction of what had been eaten before.

XXXIV.

Nothing more obstructs Perspiration, than for a Man to drink while the Chyle is preparing.

XXXV.

If Excess in Drinking makes the Eyes, as it were, full of Tears, it is a Sign the Body has not perspired as much as it should have done.

The best Liquor for weak and studious People, is Wine diluted with Water; which strengthens the Digestion, and promotes Perspiration.

The frequent Use of distilled Spirits, Drams, and Cordials, ruins the Low-spirited, and those of weak Nerves.

When dark foggy Weather continues long, it obstructs Perspiration; therefore those subject to Catarrhs, Coughs, or Peripneumonies, ought then to keep at home in warm Rooms.

Catching of Cold is an Obstruction of Perspiration, by the humid Particles of the Air, and is best cured by gentle Diaphoretics.

Wouldest thou enjoy a long Life, a healthy Body, and a vigorous Mind, and be acquainted also with the wonderful Works of God, labour in the first Place to bring the Appetite to Reason.

Beware of Variety of Meats, and rich Sauces, which destroy a Multitude of People; they prolong Appetite beyond what Nature requires; and some are sooner digested than others; whence Crudities proceed, and the whole Digestion depraved.

Keep out of the Sight of Feasts and Banquets, as much as may be; fancy that Gluttony is not good and pleasant, but filthy, evil, and detestable, as it really is.



## XLIII.

The richest Food, when concocted, yields the most noisome Smells; and he that works and fares hard, hath a sweeter and pleasanter Body than the other.

## XLIV.

Hot and dry Meats agree best with Winter; cold and moist, with Summer: In Summer abate a little of your Meat, and add to your Drink; and in Winter subtract from your Drink, and add to your Meat.

## XLV.

If a Man casually exceeds, let him fast the next Meal, and all may be well again, provided it be not often done; or if he exceed at Dinner, let him rest from, or make a slight Supper.

## XLVI.

Walking is good for the Stomach; Riding after Dinner strengthens weak Limbs; Squinting and a dull Sight are amended by Shooting; and Crookedness, by Swinging and Hanging upon the Arms.

## XLVII.

A temperate Diet frees from Diseases; such are seldom ill: But if they are surprized with Sickness, they bear it better, and recover it sooner; for most Distempers have their Original from Repletion.

## XLVIII.

A temperate Diet arms the Body against all external Accidents, so that they are not so easily hurt by Heat, Cold, or Labour, and when wounded or bruised, they are more easily cured.

## XLIX.

It makes Mens Bodies fitter for any Employment; it makes Men to live long. Galen, though weakly, with many others, lived by it an hundred Years.

## L.

A sober Diet makes a Man die without Pain; it maintains

**maintains the Senses in Vigour, and mitigates the Violence of Passions and Affections.**

**It preserves the Memory; it helps the Understanding; it abates the Heat of Lust; and brings a Man to that weighty Consideration of his Latter End.**



**A COM-**

[ 3008 ]

A COMPENDIOUS  
DISCOURSE  
OF THE  
DISEASES *of* CHILDREN.

Taken chiefly from

*HARRIS's* incomparable Treatise.

WITH THE

AUTHOR'S *own* PRACTICE.

I Know in how unknown a Path I am to walk, since Children, and especially sick Infants, offer nothing for a clear Diagnostick, but what we can collect from their moaning Complaints, and their uncertain Idiom of Frowardness.

But if we will diligently ponder the Symptoms of the youngest Infants, which are most evident, or seriously reflect upon their delicate Constitution, and most simple Diet, we shall find this not so difficult a Task, as we formerly conceived. For the Diseases of that Age generally are very few, and only differ in Degree; and the Cure of Infants is far more easy and safe, than that of Men and Women.

Infants, because of their delicate and mucilaginous Tenderness, are apt to receive any Alteration imaginable; their Bones may be more properly termed Cartilages; and as they do abound with so much natural and acquired Moisture, that their Bodies are  
I  
perfectly



perfectly soft and flexible, that Temperament and Constitution is very justly said to be the most humid.

And as the Constitution of Children is most humid, so I dare pronounce all their Diseases to be of one Kind, and to be produced from one and the same Cause; and that the Maladies of the however different Parts of the Body, whether they be the uppermost or nethermost, as the Stomach, Intestines, Lungs, Head, or Nerves, are variously and most affected, as they are of the same Nature, under divers and sundry Names.

Wherefore, if we shall consider the Nature of the Moisture of Children, we shall not find it possible to degenerate into any Defect or Putridness, but that which is acid. For with whatsoever Disease they are affected, seldom or never could I find wanting Excrements of a very sour Smell, and an Abundance of tart and acid Belchings, especially in the Beginning. Milk, the proper Food of that tender Age, if kept for some Time, becometh sour: Moreover, all the Symptoms of Childrens Diseases do justly reckon their Beginning from an Acid.

With all which, let us consider the weak and infirm Constitution of their Blood, so that the Spirits which lodge therein, have not yet attained so great a Mastery as to discharge their Functions and Offices, or to settle, by their own Force and Activity, any irregular Motions of the Humours, proceeding from any inward or external Cause. So Children do easily fall into Diseases, and are very easily restored to their Health, if they be not ignorantly and unskilfully treated.

The Diagnostick of Childrens Diseases cannot so much be collected from their own Relation, neither from the Touching of their Pulse, or from their Urine, as from the Answers of the Nurses and Women that are their constant Attendants. The Women know if they have been troubled with Loathings and

Vomitings, and how long; whether the Food or Milk that was cast up, was curdled; whether untimous Weeping, Watching, and Disquiet, give any Notice of Cholic Pains; whether they be affected with acid Belchings, or the Hickup, or a Cough doth appear; whether their Belly hath kept a due Course, and if their Excrements be White, Green, or filled with Bile. They know if their Infants have had great Thirst, and so be feverish, or if their Mouths be full of Thrushes, which do hinder their Sucking: They can also inform you if Epileptic Spasms have seized their tender Bodies; or whether their present Sickneſs be traisted with their Breeding of Teeth; or, lastly, whether any thing considerable, whether that be a Swelling of their Belly, or of any other Part, either Wheals or Pustles, or the Jaundice do appear. The other Symptoms, methinks, do more belong and appertain to subtil Speculation, than Practice.

But the frequent Complaint of an uncertain Diagnostic, has more its Rise from the preposterous and useless Way of Curing, than from any Want of Symptoms; for under this Mask and Vail, Practitioners do willingly cloak and conceal their Ignorance and Mistakes.

The Pulses of Children are naturally, or upon very little Alteration do become, so swift and frequent, that they always seem somewhat feverish: Moreover, they are for the most part so froward, that not keeping their Wrist one Moment in the same Posture, do not suffer their Pulse to be touched: Lastly, there are so many Things that accelerate, or otherwise change their Pulses, that Sentiments taken thence would prove very uncertain, if not altogether false. Their Urine, when in perfect Health, is generally thick, so that the Diagnostics taken from it, are likewise uncertain.

The

The most common Causes of Childrens Diseases (besides an hereditary distempered Indisposition) may be reduced to these four Articles. 1. To their catching Cold. 2. To the too thick Milk of their Nurse. 3. To their over-soon eating Fleshes. And, 4. To the mad and imprudent Fondness of many Mothers, who do often permit their Infants to sip up Ale, Wine, and other strong and spirituous Liquors.

And, 1. Cold, especially from the Night-Air, to which they are most subject, doth very often make Way for these Fevers, with which Infants are so frequently affected. Since that they come naked from the Womb, not being clothed by Nature, as all other Creatures are, Reason, or rather Nature, destitute of her own Help, doth instantly suggest the Necessity of wrapping them up into warm Clothes: Moreover, the Mutability of the Air, and the continual Vicissitudes of Heat and Cold, do plainly advertise us, how great our Care should be in the warding off its Injuries. Yea, an exact Care for convenient Apparel is so absolutely necessary for every Age, that ordinarily the most weak and valetudinary People do live longer than the most robust and strong Men; which can be attributed to nothing else, than the great Care of the one, and supine Negligence of the other for convenient and warm Clothing.

2. The too thick Milk of their Nurse; for if she be a Lover of strong and spirituous Liquors, her Milk is so warmed, and on a sudden inflamed, that Fire itself only passeth her Breasts, for her sucking Infant. But the Thickness of Milk, whatever be its Cause, cannot but produce a great many Inconveniencies of sundry Kinds; being that the Bodies of Infants should, of all, be the most fluid; and those smaller Conduits, which are ordained for transmitting of the Chyle, should always be kept open; and, lastly, being that this most unnatural Thickness of



Food is most opposite to that most fluid Constitution of Infants, and doth give occasion to all Kinds of Obstructions in the first Passages. I cannot but take Notice, in this Place, of the pernicious Practice (I wonder *Harris* has omitted it) of many who feed their Children with Milk-Pottage, boiled till it be almost as glutinous as Sizing: It is no wonder that such Children have windy Distentions of the Belly, sometimes purge, and at other times are costive, and troubled with the Gripes, and sometimes with Convulsions.

3. To their over-soon eating, if not more properly swallowing down, of Fleshes. For Flesh being so solid and compact a Substance, must be a very disagreeing and improper Food for these tender Infants, who as yet have got no Teeth, at least not strong enough for the chewing of Fleshes. For a Stomach full of Flesh, too early and untimely devoured, is a most fruitful Mother of Crudities, which are common to this gormandizing Age. Crude and indigested Food do produce that Corruption of Humours, from which not only Worms are bred, but also those various and most grievous Symptoms, whereby Infants are wasted, do proceed and have their Rise. The Crudities of Infants are also daily increased and accumulated, because that Nurses do repose their Infants for Sleep presently after Meat of whatever Kind.

4. To their sipping up of Ale, Wine, and other strong and spirituous Liquors, imprudently permitted and allowed, which are most hurtful and inconvenient for the Nature and Constitution of Children; for their very weak Nerves are most easily destroyed with it, and their tender Bodies are either colliquated by Degrees, suddenly cast into Fevers with the subtle Flame and Heat of Wine, &c. All Kinds of Wines and spirituous Liquors liberally drank, do not only destroy the natural Ferment of the

the Stomach of Children, debauch the Appetite, burn up its Coats, and wrinkle them as Parchment over-much dried by the Fire; but also do greatly injure the nervous Coat, by which all the Nerves of the Body are weakened, and the animal Spirits driven into Confusion. The Wine which least wrongeth that tender Age, is the White; inasmuch as it was counted cold by the Ancients, though not absolutely so, but in respect of all other Wines.

All the Causes, antecedent or mediate, of Childrens Diseases, however many they really are, or be supposed, may justly be resolved into this one immediate Cause, *i. e.* a very active and prevailing Acid.

The History then of the most grievous Diseases, wherewith Infants are mostly affected, is as followeth: Their Stomach is always affected with an acid Humour, whence their Aliment is reduced, not into that homogeneous Substance of Chyle, but into a Posset. This unequal Condition of the Chyle and Nourishment, begot likewise from too much Acidity, doth produce Loathing, Vomiting, and sour Belchings: But if this Distemper be of longer Continuance, they turn pale by degrees, and their discoloured Face somewhat of a yellow or green Colour. Then doth their Belly swell with Wind, and Flatulencies are carried upward. In the mean while one or two red Pustles (a certain Sign of Acidity) do appear upon their Foreheads, Cheeks, Chin, or Neck, though sometimes lower, and the Infant becometh daily worse, and breathes high, especially if the Child be plump: Moreover, he is often troubled with a dry Cough, because of the Acrimony of the Humours that prickle the sensible Branches of the Windpipe, sometimes with a Choaking or Strangling, which proceed from the Abundance of serous Humours, that so fill up and burthen the small Vessels of the Lungs, that it cannot be cast

off and discharged, and their Face is blackish, as that of strangling People.

But if this coagulated or posseted Food doth fall from the Stomach into the Intestines, then Gripes, or Cholic Pains, greenish Excrements, and very often most dangerous Fluxes, do ensue. And when this Tragedy is acting in the lower Ventricle, these great Pains do introduce Fevers, which, if not well managed, do cut short the Days of a great many Infants; or if the Pains be not so violent, but perhaps surrendering to an unskilful Cure, yet doth it terminate into a Big-Belly, the most convenient Thing in Nature, for producing the Rickets, or King's-Evil. A certain Sort of Mucilage, or Gelly (the immediate Origin of Worms) which is sometimes whitish, though sometimes of a grey or yellow Colour, mixed with green, is often by Medicines, skilfully administered, purged off with the Excrements. They often rub their Nose, not only when they are troubled with Worms, but in every Fever which hath its Rise from a Corruption of Humours; for any sharp Humours carried upward, do affect the thin and sensible Membranes of the Nostrils, either of Young or Old, in acute or chronical Diseases.

The fore-mentioned Gripes do continually produce Watching, Disquiet, and Mourning, which the Nurse doth as often endeavour to allay, by giving it her Breast. Its Milk or Food (while these Pains continue) never duly digesting, but turning acid, is curdled, so by little and little it becometh feverish, its Thirst is increased, its Joints turn flaccid, and so the tender Infant groweth daily weak and infirm. Upon the Close of all this Sickness, convulsive Motions and Spasms do seize upon the Members of the feeble Infant; and when there is no more Force and Strength in its Nerves for actuating the Muscles of the Heart, and protruding the Blood (by the Laws of Circulation) into the Arteries, the poor

Infant



Infant doth cast up the White of its Eyes to the Heavens, the proper Seat of unviolated Innocency, and endeth its short Life, before it hath understood the Miseries of Living.

Further, the Mouths of Infants are very often so hurt with Thrushes, or little Ulcers in the Mouth (which do often begin soon after their Birth, and before the Growing of their Teeth, though sometimes later) that they cannot weep, nor let Tears fall from their Eyes, for some Days; although they be tormented with exceeding Tenderness, and intense Heat of Mouth, with a great many other Sicknesses that are the ordinary Attendants of Fevers: And therefore I account that Change from their being dumb, unto their ecchoing the House with Cries, a very good Sign.

Boys of greater Age, troubled with feverish Symptoms, do, for the most part, complain of a Pain in their Heads; which Pain is no Disease of itself, but sympathetic, and derived from the Stomach and lower Parts of the Body.

That all these, and the like Symptoms, do immediately proceed from the Curdling and Thickness of their Food, especially being greater than can be at all agreeable with the Constitution and Nature of Infants, whose Canals and Passages should necessarily be most fluid; and that this Curdling is oftner produced from Acidity than any other Cause, is most evident from our Senses themselves, and the Way of Cure, which is excellently effectuated by such Things as obtund Acidity, and deopilate or dissolve Coagulations.

The frequent Vomiting of that thick Jelly, and that viscid and coagulated Phlegm, somewhat green when the Sickness has advanced, and their Breath which hath a very four Smell, are Things most evident to our Senses.

That the green Colour of their Excrements is merely from Acidity mixed with Bile; will be most evident to any who take Pleasure in Changing of Colours into green with Vinegar and acid Spirits. Moreover, the Smell of their green Excrements being always designed acid, by the very Nurses, doth clearly demonstrate the same.

The excessive Gripes and Pains in their Belly, and Paleness of Face, do confirm the Abundance of Acidity; for so soon as they are troubled with these Pains, they turn pale, though never so high-coloured before they were affected with this Distemper; except that sometimes their Cheeks are possessed with a pleasant Blush, which doth easily vanish into the wonted Paleness.

The Prognostic, in my Opinion, doth rather depend upon the Method of Cure itself, as that is right or wrong; as also upon the Behaviour of the Nurse, whether she be obedient, and doth faithfully perform what is commanded her, than from the Diseases of Infants and Children. For their Fevers are very slight; neither doth their feverish Heat so much burn, as it is more properly a certain Degree and Advancement of Heat; except when too curious Art, which trusteth to and relieth over-much upon these fiery and spirituous Cordials, is most unluckily brought in to their Assistance.

Corpulent and fat Infants, troubled with Defluxions, and having an open Mould, are most subject to the Chin-Cough, Rickets, King's-Evil, and almost incurable Thrushes.

Lean and scraggy Children are, of all, the most tender, and very subject to the worst Fevers, *i. e.* to such as are hottest and most incensed, and most inimical to the Patient.

Children which are borne by tender Mothers, which do devour unripe Fruits and Sallets when with Child; or by those who are mere Slaves to their

their Stomachs; or, lastly, have their Appetite depressed, from whatever Causes. These, I say, do with great Difficulty amend of any great Diseases.

Children that keep open in their Belly, have their Health better than such as are constipated.

The Spring and Summer are the best Times for curing of Fevers; but the Harvest and Winter are not so.

From the Middle of July, to the Middle of September, those epidemic Gripes of Infants are so common (being the annual Heat of the Season doth exhaust their Strength) that more Infants, affected with these, do die in one Month, than in other three that are more gentle.

Convulsions, or at least starting of their Tendons, coming upon Children weakened by some one Disease, or somewhat burned up with hot Medicines, do mostly bring all their Miseries and Troubles, wherewith they are tormented, unto an End.

*Sylvius de le Boe* has wrote the best Treatise of any on the Diseases of Infants; for he did valiantly maintain an Acid to be their true and general Cause; yet he, partly because of his great Kindness for some volatile chymical Preparation, and therefore over warm and spirituous, and partly because of his almost constant Use of Opiates, did totally destroy by his Practice, what he had most learnedly published in his Theory.

If we therefore do desire to lay any sure Foundation for the Curing of Infants Diseases, we should chiefly eye their natural Tendernefs and Weakness; and we should make such a Choice of Medicines as may be most convenient for these tender ones. For the more gentle and safe those Remedies are which we administer, the Event shall the more certainly answer our Expectation.

Being then that Acidity is the chief Cause of all these Diseases wherewith this tender Age is affected,  
the



the whole Artifice of the Cure is hinged upon the defeating of the Acid; so that whatever Things do immediately eliminate the Acid, these are they that promote the Cure; and whatever serves not that Design, does more or less torment and trouble the tender Bodies of these Infants.

The first Indication in the Cure of the Fevers of Infants, or Children, is to prepare the Acid aright, that it may be purged off with Advantage; for without Preparation, violent Gripes will attend the purging of those Bodies that abound with Acidity.

The Preparation then is not to be essayed with heating Medicines, which are most hurtful to young Children; but with the most temperate Things, which will absorb the prevailing Acidity by little and little, mitigate Ebullitions, and become the most safe and powerful Anodynes. These are *Ocul. Cancr. Obel. Cancr. Cretæ Alb. Corallia preparat. Coralini. Margaritæ preparatæ Cornu Cervi Calcin. Rasur. Corn. Cerv. Eboris Bolus Armena. Terra Japon. &c.*

Yet the Use of volatile Salts and Spirits are not to be wholly laid aside, as *Spir. Salis. Armon. Spir. Corn. Cervi, &c.* because they do excellently absorb Acidity, but are cautiously to be administered, because of their great Heat. Upon this Score, your lixivial Salts, the hot cordial Waters, as *Aq. Cinnam. Epidem. Mirabil. Peon. Comp.* and the like, do fall short of their wonted Fame, unless they be mixed with others more temperate, in so small a Quantity, that their burning Heat doth become imperceptible to the Taste.

That these temperate Powders do absorb Acidity, is a Thing so well known, that it will need no Proof. And that they are the most safe, most certain, and never-failing Anodynes in the Gripes of Children, shall be evinced, by giving them in a sufficient Quantity, for attaining the designed End.

Moreover,

Moreover, I do boldly assert, that these Powders, judiciously given, do, with Certainty, allay and assuage all the Pains and Disquiet of Infants, from whatever Cause, except there be no Hope left, because of some great Defect of the chief Parts.

But, that we may come to our Purpose, I used to help an Infant of a Year old, that is feverish, or troubled with Gripes (as it is for the most part) with the following Medicines.

*R Pulv. de Cbel. Cancr. Comp. Margarit. pp. a. Drachman unam, misceantur & fiat Pulvis, in Partes sex aequales dividendus.*

*Vel R Pulv. de Cbel. Cancr. Simp. Scrupulos quatuor, Ocul. Cancr. Scrupulos duos, Cocinel. Grana sex, misceantur & fiat Pulvis, in Partes sex aequales dividendus; de quo capiat unam secundis vel tertiis horis, superbibendo Cochlear. duo Fulpii sequentis.*

*R Aq. Lactis Alex. uncias quatuor, Aq. Ceras. Nig. uncias duas, Ap. Epidem. Drachmas sex, Sacch. Perlat. Semiunciam M. f. Fulap.*

The following absorbent Mixture, and carminative Julep, are serviceable in most of Childrens Diseases.

*R Aq. Ceras. Nig. Aq. Lact. Alex. a. Uncias quatuor, Syr. Cortic. Aurantior Unciam unam, Bol. Armen. Cretæ alb. Ocul. Cancr. Pulv. Rbub. a. Drachmam unam; fiat mixtura.*

*R Aq. Fenicul. sex Uncias, Sacch. Alb. Semiunciam, Antimon. Diaphor. Scrupulos quatuor, (or, for young Infants, Ocul. Cancr. Drachmas duas) M. f. Fulapium.*

This last is excellent for acid Flatulencies, and the Gripes. The Absorbent corrects the stubborn Acid, and the Aromatic exhales the Flatus.

But (to return to our Author) if the Infant be taken with a Cough, the mentioned Powders are to be taken more sparingly; in lieu of which, he may take half a Spoonful of a thin Lohoch,

*R Syr.*

*R. Syr. de Alb. Syr. Capit. Ven. a. Drachmas decem, Coralini Pul. de Cbel. Cancr. Simp. a. Scrupulis quatuor, M. f. Labach. Bol. Armen.* is most conveniently mixed with these, because it doth powerfully stop the Defluxions that ouze out of the Glands, and fall down upon the Lungs.

The *Succus Pulegii*, with *Sacch. Cand.* dissolved in it, is one of the best Remedies in Childrens Coughs. The *Ol. Amygd. dulc.* is also very proper. Likewise *Flor. Sulphuris* (having a wonderful Virtue in drying and discussing Humours stuffed up in any Part of the Body) mixed with such Things as absorb Acidity: It is very useful for gross and phlegmatic Constitutions, and is of a most preservative and expulsiory Virtue, which is most opposite to Corruption of Humours.

The Frequency of the Administration of these Powders cannot be determined, but are to be reiterated according as the Symptoms are more gentle or violent. This only I shall resume, that all the Pains, Disquiet, and Watchings of Infants, are certainly asswaged with testaceous Medicines, as the Pains and Watchings of older People are eased and allayed by Narcotics.

I order them to be purged upon the third Day after I am called, unless the Small-Pox, Measles, or Scarlet Fever do appear; and Infants of one Year after this manner.

*R. Syrupi Ciccorei cum Rheo Drachmas duas, aque Cinnamomi Ten. Drachmam unam, Pulv. Rhei Scrupulum unum, M.*

*Vel R. Pulv. Cornuchini grana decem.* Let the Child have it in a spoonful of Black Cherry Water, sweetned with a little Sugar.

*Vel R. Eleſtuar. Lenitiv. Drachmas duas vel tres;* dissolve it in one Ounce of alexiterial Milk Water.

For irregular Symptoms, arising from a great Corruption of Humours, give eight Grains of *Æthiops Mineralis*, or four Grains of *Calomel*, with



as much *Flor. Sulph.* mixed at Night in some pleasant Syrup, purging the next Day.

If the sick Child be three or four Years old, or hath passed the Hazard of breeding Teeth, and especially if there be any Suspicion of Worms, or Putrefaction of Humours, for some time contracted, there is nothing better than a Bole of these Powders, last mentioned, made with *Cons. Absinth. Rom.* or *Cort. Aurantior.*

These Kinds of Boles do much avail for those who are ordinarily constipated in their Belly, and are not easily purged, inasmuch as they do prepare; so that the Purgative, which is ordered the next Day, hath a better Operation.

I have given the following Mixture often with good Success.

*R. Aq. Laet. Alex. Uncias sex, Aq. Epidem. Aq. Absinth. Comp. a. Semiunciam, Tinct. Rhab. Drachmas duas, Elix. Prop. Guttas 80 M.*

This is excellent in a Worm-Fever; it kills the Worms, and takes off all the Symptoms occasioned by them. *Cujus capiat Coch. unam omni Mane.*

Harris sometimes orders a Cataplasm somewhat like the following, but not so powerful, to be applied upon the Navel.

*R. Theriac. Venet. Drachmas sex, Sem. Santon. Aloes Succotrin. a. Drachmam unam, Ol. Absinth. Chim. Guttas 20. M. f. Catapl.*

But Cataplasms, or Plaisters, composed of the strong Purgers, are dangerous; because the purgative Quality being carried into and fixed in the Muscles and Membranes, may cause a mortal Flux.

I knew this happen to a Child at *Durham*, about six Years ago. Its Mother had bought a Plaister from a Stranger, which she applied to its Navel to destroy Worms; but the next Day it brought on a most violent Flux, with a *Tenesmus*, so that the poor Child purged almost continually both Night and

and Day. On the fourth Day I was called, but all my Endeavours to stop the Flux were in vain, for it died the Day after. I make no doubt but there had been *Coloquintida* in the Plaister, which is one of the strongest purging Simples made use of.

Of all the Purgatives, there are none more innocent, and more agreeing with Infants, than Rheubarb, which safely doth remove the Subject-Matter of the Fevers of these tender Ones; which doth easily purge and strengthen their Stomach and whole Body, tendered and oppressed with vicious Humours, and which, upon that Account, doth best agree with Children, breeding Women, old People, and such as are weak through any Disease.

A preparing Powder, like the former, is, after the Operation of the Cathartick, to be given at Night, and to be reiterated three or four Times, at a convenient Season, for two Days more; and upon the third the Purgative is to be given, the Quantity of which may now be known by the Operation of the former.

These Things being done aright, the most grievous Symptoms do ordinarily disappear, or, at least, are so much allayed, that the Patient, who was just now in great Danger, is restored to better Health.

As the Crisis is only a sudden Change in the Disease, either to Health or Death, it doth entirely depend upon the Method of Cure (especially in Children) and is hastened or protracted by the Industry or Unskilfulness of Art: For being the Cure is mainly stayed upon general Evacuations duly made, these Crudities, which are the Cause of Fevers, are sooner concocted. Part of the morbidick Matter being evacuated, the rest giveth way to Medicines dextrously administred. But when the Humours are exagitated, and the Spirits driven to greater Confusion by Sudorificks and Cordials so called, and the whole

whole Strefs left upon Clysters, which never pass the gross Guts in perfect Strength, as the Concoction, so the Crisis, is too late, if ever, to be expected, by this ill Treatment.

A Crisis is nothing else but the last Effort of Nature, to evacuate, with all its Power, the morbidick Matter, by convenient Passages; and that happeneth often with us by Sweating, though sometimes by Bleeding at the Nose, by Vomiting, by Stool, and by Urine. All which do prove, that Nature herself, the best and wisest Phyfician, did never design any other Way of judging Fevers, than by timely Evacuations.

Among the many Diseases that do threaten the Life of Infants, there is none that produceth so many grievous Symptoms, as their laborious and difficult breeding of Teeth. For being their Gums are frequently inflamed, because the Teeth cannot arise from their small Holes, we need not wonder that their tender Bodies are so disquieted with so many grievous feverish Symptoms.

From the same Fountain do arise their cholic Pains, Watchings, Disquiet, Flux, or Costiveness, their green Vomitings and Excrements, the Thrushes, Fevers, Convulsions, and the like; all which do easily yield to almost the same Method of altering and temperating the Acid, and afterwards purging it off.

Being Thrushes do proceed from the sharp Vapours of that inward Flame, which doth fret and pinch the tender Skin of their Mouth, even as the other inward Parts of the Body, we should only make Choice of those Things that do defeat and blunt this Acrimony. It is certain that these Thrushes shall be removed with testaceous and gently purging Medicines.

The Reason why the Superfices of the Mouth produces Thrushes, when no Parts else of the Body



are blistered, is, because the same Skin which cloatheth the Mouth, is continued by the Gullet unto the Stomach. Wherefore those sharp Vapours which do proceed from a preternatural Effervescency, and carried upward, as from a Cauldron, by the Vent of the Mouth, do easily communicate their Blemish to the Membrane of that Part. Therefore doth the delicate Taste of the Tongue so readily distinguish all Relishes. Lastly, upon this Account are Physicians, by their looking upon the Tongue, able to judge of the prevailing Temperament of the Body.

The Flux of Infants, proceeding from a Mixture of Humours, or a Swelling of Bile with an Acid, is not to be stopped with Astringents, lest they cause a Reflux of those sharp Humours upon the more noble Parts, and cast such as are of a humid Constitution into Danger of their Lives. But testaceous Medicines are given with great Safety, and do appease those sharp unruly Humours, (the great Spring of all their Trouble) without the kindling of new Heat, that at length they may be purged off with Rheubarb. The Use of *Diascordium*, which is both absorbent and narcotic, is, in such Cases, (where there is no Fever) of great Use and Advantage.

In Vomiting, they are of as great Use as in Fluxes; for so long as that which is the Trouble lodgeth in the Region of the Stomach, these Medicines do impart what Strength they have, pure and entire, unto the Ventricle. Neither do they only avail in all Fluxes, but for the Gripes of Infants, from whatever Cause; for which they are a Specifick.

Convulsions, or Epilepsies, from the Sharpness of the morbid Matter stimulating the Nerves, are best cured with these testaceous Medicines, if you add a little *Castoreum*; for the volatile Spirits, like  
Fire,

Fire, break through all the Parts of their Body, and often produce ardent Heat. The inward Coat of the Stomach is very nervous, and being the Spirits of this, as those of the other Parts of the Body, are irritated and set on irregular Motions, I think it most necessary that the Cure be performed with those Remedies which absorb the Acrimony that offends the Nerves, and allay the Tumult of the Spirits, and not with such as make greater Confusion, and increase the Heat which so much abounded.

A Girl about a Year old was seized with most violent and frequent Convulsions; she was very pale, her Belly constipated, and the little that was cast out was very green. During all these Convulsions and cholic Pains, for many Days, she scarce consumed a Spoonful of Food. I assisted, and happily cured this miserable Infant, with some Ounces of *Ocul. Cancr.* mixed with *Cremor Tart.* She took twenty-four Grains of this Powder every Hour in *Aqua Pulegii*, and had a Clyster of sugared and salted Milk frequently injected; and, at length, the *Cremor Tartari* (which doth not only purge gently, but is also very aperient) had made way for itself downward. By these few Medicines was this Infant, seemingly devoted to Death, unexpectedly recovered to perfect Health. But I do not understand why we should farther torment these tender ones, vexed with Convulsions, and destroyed with Watching and Disquiet, with Vesicatories, being that Kind of Remedy seemeth more proper to rouse from Stupor those that are infected with a Coma.

The Small-Pox and Measles of Infants, being often a gentle and calm Effervescency of the Blood, they are not so sick, and the Assistance of Physicians is not desired. But when the unruly Force of the Blood doth justly require the Help of the Physician, the testaceous Medicines have the same

Effects with Children, that Narcotics have with Adults. But the Cordial Waters, Mithridate, and the rest of those hot Sudorifics, are chiefly to be eschewed, which are designed to thrust out, with more Haste than good Speed, these Pustles; but which instead of being cordial and expulsoy, as is pretended, do often change the naturally gentle Small-Pox, into such as are more dangerous, and do more disturb and turn inward the Measles, introducing deadly Difficulties of Breathing; and, lastly, they inflame the Blood, which is yet but moderately and slightly warmed. The Authors who have wrote best on the Small-Pox, are *Sydenham*, *Blackmore*, *Helvetius*, *Fuller*, and *Lob* in his Infallible Treatise on that Distemper.

I cannot say but I have had pretty good Success in the Cure of Infants and Childrens Diseases; and I do assure the Reader, that in Vomitings, Cardialgia, Childrens Gripes, Inflation of the Belly, and Hypochondres, Diarrheas, Hectick Fevers, and Wasting of Children, Worm Fevers, and the Rickets; a weak Infusion of Rheubarb, the absorbent Mixture, the carminative Julep, and the anthelminthick Mixture, have seldom failed me.

I shall now close this short Work with the following Words:

“ May the great and good God, from whom  
 “ every good and propitious Thing doth flow, upon  
 “ whose Favour the happy Success of the Art of  
 “ Physick doth depend, countenance, with his wont-  
 “ ed Goodness, those Things which I have written,  
 “ that they may tend to the publick Good, which  
 “ should be preferred to any private Advantage.”



# I N D E X.

<b>N</b> ATURE, what is meant by the Word with Physicians.	Page 1
The Office of the Animal Spirits.	ibid.
The Causes of Distempers.	p. 2
The Effects of Distempers.	p. 5
The Diagnostics and Prognostics.	p. 12
The curative Indications.	p. 16
Regimen the most effectual Remedy in Distempers.	p. 20
Continual Fevers.	ibid.
A Phrenzy and Weakness of Spirits.	p. 24
The Methods used in critical Transf. of Diseases.	25
Methods used in Fevers, which yield not to critical Evacuations.	p. 26
Intermitting Fevers.	27
A Quartan Ague, with a Dropsy,	29
Small-Pox.	ibid.
Pleurisy.	p. 30
Methods used in mixt Crises.	p. 38
Bastard Peripneumony.	39
Phrenzy.	ibid.
Apoplexy, Catalepsys, and Letbargy.	p. 41
Sleep, how caused and prevented.	p. 45
Palsy.	p. 46
Convulsions and Epilepsy.	p. 50
Convulsions and a Palsy.	p. 53
Memory to Strengthen.	p. 54
Drunkenness how helped.	p. 55
Head-Ach.	56
Ophthalmia, and Films on the Eyes.	p. 61
Eyes Wounded.	p. 62
Deafness, Noise, and Pain in the Ears.	ibid.
	Bleeding

# I N D E X.

Bleeding at Nose.	p. 64
Tooth-Ach, Teeth-Foul.	p. 66
Gums Scorbutic, Mouth Ulcerated.	p. 69
Lips, Ears and Hands Chaped.	ibid.
Uvula Relaxed, and the Quinsy.	p. 70
Hoariness.	p. 72
Coughs.	p. 73
Asthma.	p. 75
A Spitting Asthma, Diarrhea, and Watchings.	p. 77
Spitting of Blood.	ibid.
A profuse Hemorrhage, and great Weakness.	p. 79
An Hemoptoe, and Pblegm in the Lungs.	p. 80
An Ulcer of the Lungs, with an Hemoptoe.	ibid.
A Vomiting of Blood, and Load at the Stomach.	ibid.
Consumption and hectic Fever.	81
Sweats Excessive.	p. 86
Fainting.	p. 89
Palpitation of the Heart.	p. 92
Violent Passion endangers Suffocation.	p. 94
The Cure.	ibid.
How Terror strikes Men Dumb and Palsical.	p. 95
The Cure.	ibid.
Grief prejudices the Nerves, &c. brings on Dropsies,	p. 96
Appetite lost, Indigestion and Wind in the Stomach.	p. 97
Flatulent Blood, how known and cured.	p. 100
Cardialgia or Heartburn.	p. 102
Loathing and Vomiting.	p. 103
Hiccups.	p. 104
Cholera Morbus.	p. 105
Cholic, and Pain in the Stomach.	p. 108
Iliac Passion.	p. 112
Costiveness.	p. 113
Diarrhea.	p. 114
Lientery.	p. 117
Dysentery.	ibid.
Worms.	p. 120
	<i>Jaundice.</i>

# I N D E X

<i>Jaundice.</i>	p. 122
<i>A Jaundice, and various Fluxes.</i>	p. 123
<i>A Jaundice, a humid Cough, and rheumatick Fever.</i>	124
<i>How to proceed in complicated Cases.</i>	ibid.
<i>Dropfy.</i>	p. 125
<i>Menses Obstructed.</i>	p. 127
<i>A Suppression of the Menses, Tumor on the Stomach, Vomiting of Blood, and a Palsy.</i>	p. 130
<i>Menses immoderate.</i>	ibid.
<i>A Palsy, and Flux of the Menses.</i>	p. 132
<i>Fluor Albus, and Barrenness.</i>	ibid.
<i>Diet for Women with Child.</i>	p. 134
<i>A Dropfy in a pregnant Woman.</i>	p. 136
<i>Abortion to prevent.</i>	p. 137
<i>How Imagination works upon Women with Child.</i>	p. 138
<i>Placenta retained, and Womb excoriated.</i>	p. 139
<i>Directions for Women in Child-Bed.</i>	p. 140
<i>Lochia suppressed.</i>	p. 142
<i>A Pleurisy and the Lochia.</i>	p. 143
<i>A Diarrhea, and the Lochia suppressed.</i>	p. 144
<i>A Cholera with the Lochia.</i>	ibid.
<i>Hysteric Fits, and the Lochia suppressed.</i>	p. 145
<i>Lochia immoderate.</i>	ibid.
<i>After-Pains.</i>	p. 146
<i>Costiveness, and the Milk-Fever.</i>	p. 147
<i>Gripes and Convulsions in Children.</i>	p. 149
<i>Hysteric Affections.</i>	p. 151
<i>Hypochondriac Melancholy.</i>	p. 157
<i>The Night Mare.</i>	p. 160
<i>Melancholy Madness.</i>	p. 161
<i>Mirthful and Raving Madness.</i>	p. 162
<i>Scurvy, and Leprous Scabs.</i>	p. 163
<i>Nephritic Pains, Gravel and Stone.</i>	p. 169
<i>A large Stone in the Ureters.</i>	p. 170
<i>A Stone in the Kidney and Vomiting.</i>	p. 171
<i>A Stone in the Kidneys and bloody Urine.</i>	ibid.



# I N D E X

<i>Strangury and Dysury.</i>	p. 172
<i>Inflammation of the Reins and Bladder.</i>	p. 174
<i>Ulcers in the Reins and Bladder.</i>	p. 175
<i>Gout.</i>	p. 176
<i>Symptomatical Translations.</i>	p. 178
<i>Gout seizing the Lungs.</i>	ibid.
<i>Gout in the Stomach and Intestines.</i>	ibid.
<i>Gout in the Head.</i>	p. 179
<i>Rheumatism.</i>	ibid.
<i>Pains to Alleviate, and the Virtues of Opium.</i>	p. 185
<i>Frozen Parts, and frozen Fruit, how to cure.</i>	p. 188
<i>Critical Swellings, Boils, Buboës &amp; Apostumes.</i>	p. 190
<i>Directions for opening Abscesses.</i>	p. 191
<i>Ulcers Inflamed.</i>	p. 192
<i>Tendernefs and Weaknefs, how helped.</i>	ibid.
<i>Health to preserve.</i>	p. 193
<i>Of Poisons.</i>	p. 196
<i>Bite of a Viper.</i>	p. 197
<i>Bite of a Mad Dog.</i>	ibid.
<i>Contagious Distempers.</i>	p. 198
<i>A palliative Cure.</i>	p. 200

## C H A P. I.

<i>Of the Various Kinds and Qualities of Food.</i>	212
<i>Of Saline Foods.</i>	212, 215, 217
<i>Acid and Acefcant Foods.</i>	213, 215, 217
<i>Alkalefcant Foods</i>	id. ibid.
<i>Viscous and Glutinous Foods.</i>	id. ibid.
<i>Oleaginous Foods.</i>	id. ibid.
<i>Hot acrid Foods</i>	214, 215, 217
<i>Spirituous Liquors.</i>	id. ibid.
<i>Aqueous Liquors.</i>	ibid. 216, 217
<i>Barley.</i>	218
<i>Oats.</i>	ibid.
<i>Garden-Beans.</i>	219
<i>Peafe.</i>	ibid.
<i>Rice.</i>	ibid.
	<i>Saga.</i>

# IX N D E X

Sago.	_____	220
Wheat.	_____	ibid.
Bread.	_____	ibid.
Honey.	_____	221
Milk.	_____	222
Butter.	_____	ibid.
Butter-Milk.	_____	223
Cheese.	_____	ibid.
Whey.	_____	224
Eggs.	_____	ibid.
Par snips.	_____	225
Potatoes.	_____	ibid.
Turnips.	_____	ibid.
Cabbage and Coleworts.	_____	226
Apples.	_____	ibid.
Pears.	_____	ibid.
Plumbs, and Prunes	_____	227
Apricocks.	_____	ibid.
Peaches.	_____	ibid.
Cherries.	_____	ibid.
Gooseberries.	_____	228
Currans.	_____	ibid.
Raspberries.	_____	ibid.
Strawberries.	_____	229
Of Exoticks.	_____	ibid.
Oranges.	_____	ibid.
Lemons.	_____	ibid.
Almonds.	_____	230
Chestnuts.	_____	231
Figs.	_____	ibid.
Walnuts.	_____	232
Tamarinds.	_____	ibid.
Raisins.	_____	ibid.

## CHAP. II.

Of Drink.	_____	233
Wine.	_____	ibid.

# K N I B X.

Water.	238
Coffee.	241
Tea.	242
Chocolate.	244
Sugar.	245

## An Essay on Sickness.

### CHAP. I.

#### Of the Air.

<i>We cannot live without the Air. What Cautions a Physician should give about the Air.</i>	247
<i>What the Air is accounted to be. The Advantages of Respiration and Perspiration.</i>	248
<i>The Weight and Elasticity of the Air.</i>	ibid.
<i>What Perspiration and its Consequences are. Why the Air raises or destroys our Appetites.</i>	249
<i>What a pure Air is Necessary for.</i>	ibid.
<i>Moist Air.</i>	250
<i>Dry Air.</i>	251
<i>Catarrhs, and Asthmas, how caused, and amended.</i>	252
<i>Agues and Fevers, how prevented. Rheumatic Pains, how cured.</i>	ibid.
<i>Hot Air.</i>	70
<i>How Cachectical People, Anasarcaous Dropsy, a Hydrocephalus, and cold Head-Achs are Relieved.</i>	ibid.
<i>Palsies hard to Cure in Winter and Why. Bath Waters useful in cold Palsies.</i>	254
<i>Cold Air.</i>	ibid.
<i>Cold Air relieves Madnesses, Spittings of Blood, Faintness, and Hætics.</i>	255
<i>Air too Light, or too Heavy.</i>	256
<i>Light Air rarefies the Blood. A Spitting of Blood may be raised by too thin an Air.</i>	257
<i>What</i>	



# I N D E X.

<i>What happens to us, when Cold Successes excessive Heat.</i>	258
<i>The Causes of Agues, and Pleurifies in Autumn.</i>	258
<i>Causes of Pleurifies in the Spring.</i>	259
<i>Putrified Air.</i>	ibid.
<i>All Epidemical Diseases arise from putrified Air.</i>	260
<i>Why some escape Epidemical Diseases.</i>	ibid.
<i>Why the Air of high Seats is Pure and Dry.</i>	261
<i>Seats placed on a Slope are Unwholesom. Hilly Countries are Moist.</i>	ibid.
<i>How and when Champain Countries are reckoned Wholesom.</i>	262
<i>Why Woody Places are Unwholesom to build Seats in.</i>	ibid.
<i>The Inconveniences of rocky and open Places. Observations on Rivers and Lakes.</i>	163
<i>What Particles the Sea Air abounds in. What Conveniences attend Midland Countries. What Diseases the Sea Air is Good or Bad for.</i>	ibid.

## C H A P. II.

### Of Diet.

<i>This Chapter is the most considerable of the Non-naturals.</i>	264
<i>What a Consistence of Juices, and what sort of Circulation is necessary for a Person to be truly called Healthy.</i>	265
<i>From whence spring Diseases. What a Pleurisy is. How to know a Rarefied and Viscid Blood.</i>	266
<i>Our Diet Answers the End of Physick.</i>	267
<i>The Usefulness of proper Diet in most Diseases very great. There is a great difference among Acute Diseases.</i>	ibid.
<i>Ardent Fevers: The Signs, Causes, Cause of the Symptoms, and Cure.</i>	268
<i>Slow Fevers, Signs, Causes, and Cure.</i>	269
<i>Pleurisy,</i>	

# INDEX.

<i>Pleurisy, its Symptoms, and Causes.</i>	272
<i>Inflammation of the Stomach; Signs, and Causes of those Signs.</i>	273
<i>Inflammation of the Liver, and the Signs of it. The Causes of those Signs.</i>	274
<i>Inflammation of the Kidneys, Signs, and Causes.</i>	ibid.
<i>Inflammation of the Bladder, Signs, and Causes.</i>	275
<i>Causes of an inflammatory Disposition of Blood, and the Diet proper in Inflammations.</i>	ibid.
<i>To what Abscesses succeed, whence they proceed, and how. How the Matter raises Fevers, Fluxes, &amp;c.</i>	276
<i>Signs of Internal Abscesses. Of an Empyema, and its Symptoms.</i>	277
<i>What a Vomica is, and how it differeth from an Empyema, and the Signs of this Difference.</i>	278
<i>Abscess of the Stomach, and its Symptoms. Causes of those Symptoms.</i>	ibid.
<i>An Abscess of the Liver, and its Symptoms.</i>	279
<i>An Ulcer of the Kidneys, and its distinguishing Symptoms.</i>	280
<i>An Ulcer of the Bladder, and its Signs. From whence Smells arise.</i>	ibid.
<i>An Ulcer of the Womb, and its Signs. A general Remark on Ulcers. The Reasons of all the Symptoms in Ulcers.</i>	281
<i>The Diet proper in Internal Ulcers. Astringents sometimes useful.</i>	282
<i>A Canine Appetite; its Symptoms, Causes and Cure.</i>	ibid.
<i>A Pica, its Signs and Cure.</i>	283
<i>Acid Cruditities of the Stomach, Signs, and Cure.</i>	284
<i>Nidorous Cruditities, Signs and Cure.</i>	285
<i>A Cholera Morbus, its Signs and Cure. How a Vomiting and a Flux differ from each other.</i>	286
<i>Bileous Cholick, Signs, Causes, and Cure.</i>	287
<i>Flatulent Cholick, Signs and Cure.</i>	288
<i>Hysteric Cholick, Signs, Causes, and Cure.</i>	290
<i>Dysentery, its Signs, Causes, and Cure.</i>	291
	Cachexy,

# INDEX

<i>Cachexy, its Signs, Causes, and Cure.</i>	292
<i>Depressed State of Blood, Signs, and Cure.</i>	293
<i>Anasarca, its Signs, Causes, and Cure.</i>	294
<i>Atrophy, and Hectic Fever, Signs, Causes, and Cure.</i>	295
<i>Consumption of the Lungs, Signs, Causes, and Cure.</i>	297
<i>An History of a Woman Cured of a Consumption.</i>	<i>ibid.</i>
<i>Watchings, their Causes, and Cure.</i>	299
<i>Convulsions and Convulsive Motions.</i>	300
<i>An Epilepsy and its Signs. How Muscles are contracted.</i>	<i>ibid.</i>
<i>Saint Vitus's Dance, what it is. What Trembling is.</i>	<i>ibid.</i>
<i>The Dog Cramp, and its Signs. What a Cramp is.</i>	301
<i>Convulsive Cough. Signs, Causes, and Cure.</i>	<i>ibid.</i>
<i>Shiverings from whence. The Blood is Depraved on the Attack of a Fever.</i>	302
<i>A Dry Asthma, and its Signs. Coughs from whence.</i>	303
<i>Cause of the difficult Inspiration, &amp;c. in Hysteric Women.</i>	<i>ibid.</i>
<i>Hiccups, and their Causes. Palpitations from whence.</i>	304
<i>What all Convulsions are. From whence the Strangling and Ball at the Navel in Hysteric Women. Why Respiration is abolished: Why void of Sense; and why the Creeping.</i>	305
<i>The Causes and Cure of Convulsions.</i>	306
<i>Madness the Signs and Cure. Actions answer Ideas. How much we know of the Union between Soul and Body.</i>	307
<i>Melancholy, Signs, Causes, and Cure.</i>	308
<i>Head-Achs from a Plenitude, how known and cured.</i>	309
<i>Bileous Head-Achs, Signs. The Pains Internal or External, how known, how cured.</i>	310
	<i>Phlegmatic</i>



# I N D E X.

<i>Pblegmatic Head-Ach, how known. How Pblegm breeds, how to destroy it.</i>	p. 311
<i>Why Persons are habitually troubled with some Diseases.</i>	312
<i>The Intentions of Cure in habitual Diseases.</i>	ibid.
<i>Vertigo, how affected in it. Its Causes and Cure.</i>	313
<i>Loss of Memory, how Caused, and Cured.</i>	314
<i>Humid Asthma, two Seasons. The Causes and Cure.</i>	315
<i>Salivations, Causes and Cure. The Causes of Desfluxions.</i>	317
<i>Scurvy, Signs, Causes and Cure.</i>	ibid.
<i>Hypochondriac and Hysteric Diseases.</i>	319
<i>Rheumatism from a Cold Viscidity of the Blood. The Cure.</i>	320
<i>Rheumatism from an Inflammatory Viscidity, and its Cure.</i>	321
<i>Nervous and Scorbutic Rheumatisms: The difference between them. The Cure.</i>	322
<i>Ischurics, their Causes and Cure.</i>	324
<i>What Lassitude is, and from what Causes it proceeds. Lassitudes how abated.</i>	325
<i>How to know when we exceed in Rest.</i>	327
<i>The Signs of a healthy Constitution.</i>	ibid.

## C H A P. III.

### Of Evacuations and Suppressions.

<i>These Discharges necessary for Health, if moderate.</i>	328
<i>In Perspiration, what Particles part from the Blood.</i>	ibid.
<i>Most Illnesses ascribed to Cold. How Fevers caused. How Coughs. How Consumptions.</i>	329
<i>Cold Air brings on Pleurifies, and Pleuritic Fevers. Brings on Lumbago's.</i>	330
	Common

# INDEX

Common Signs of Cold. It produces Swellings, Stops  
the Lochia, and brings on a Symptomatical Fever.

Cold Air brings on Asthmatic Fits. Why we receive  
no Detriment from the Coldness of the Air.

Perspiration too much increased brings on Weakness;  
Causes Hypoch. Diseases; makes the Blood Sisy,  
and hurries on Rheumatic Fevers.

Hard Drinking brings on Fevers. Serum why Milky.  
How Amended.

Stools if they go forward, naturally preserve Health.  
ibid.

Stools if too numerous, Weakness ensues. Children  
how live with numerous Stools. Fits for Intermit-  
ting Fevers from Matter.

Stools, if Suppressed, bring on Cholics. From what  
Causes Costiveness proceeds. Costiveness brings on  
Head-Achs, Heart-burn, &c.

Costiveness fully accounted for.

Urine if good and plentiful enough, we keep Healthy.  
The Colour of the Urine, what it denotes. Efferves-  
cences within us, from whence.

Pale Urine, what it denotes. The Urine of Hysteric  
Women is light. How to distinguish between their  
Urine and Drunkards.

Suppressions of Urine, how caused and cured.

Spittle its Advantages. Smoaking, what Ills and Good  
it does.

The Child-bed Purgations, and the Months in Women,  
when Regular or Irregular.

The Bleeding Piles in Men, their Use, the Regularities  
and Irregularities, and what follows.

When Evacuations of Blood are excessive, what fol-  
lows. What happens upon their Suppression.

# INDEX

## CHAP. IV

### Of the Passions.

- How we are compounded, and the Laws we are placed Under. Abnegation, what it denotes. Virtue, what.* p. 345
- The order of Willing. How we Will any thing. Christianity its Advantages.* 346
- How far Physicians have to do with Regulating the Passions. Passions may be Conquered, and contrary ones Introduced.* 347
- What the Physician's Business is with the Passions; also of what Use Physick is. Nervous Diseases not easily conquered, but Sanguinous readily.* 348
- The Soul and Body have mutual Effects upon each other The Modus of the Union between Soul and Body not known.* 349
- What Effects Sadness has upon Human Bodies. How the Nerves behave in Sadness and Fear. The Consequences prove this Assertion.* ibid.
- What Terror is and does to Mankind.* 351
- Anger its Effects upon Human Bodies. An Explanation upon whatever happens from it.* 352
- Chearfulness how it affects Human Bodies, and an Account of whatever happens from thence.* 353
- The Effects of all Passions may be referred to that above-named.* 354
- Of the Non-necessaries.* ibid.
- Clothing is referred to this Head.* 355
- Diseases of Tradesmen, their Causes and Cure.* ibid.
- Workers in Mines, Copper and Tinworkers.* ibid.
- Gilders, Chymists, Glasworkers.* ibid.
- Potters, Painters, Blacksmiths.* 356
- Fullers, Oilmen, Tanners, Cheesemongers, Tallow-Chandlers.* ibid.
- Tobacconists, Bearers of Corps, Nurses.* ibid.



Vintners and Brewers.	p. 357
Millers and Bakers.	ibid.
Stone Cutters, Masons, and Bricklayers.	358
Laundresses and Washer-Women.	ibid.
Hatchellers of Hemp.	ibid.
Mariners.	359
Husbandmen.	ibid.
Students.	ibid.
Rules of Health.	361
Childrens Diseases.	368
The Diagnostics of Children's Diseases	369
The Causes of Children's Diseases.	371
The Prognostics.	376
The Cure of Children's Diseases.	378

FINIS.

I N D E X

327	Index
328	Index
329	Index
330	Index
331	Index
332	Index
333	Index
334	Index
335	Index
336	Index
337	Index
338	Index
339	Index
340	Index
341	Index
342	Index
343	Index
344	Index
345	Index
346	Index
347	Index
348	Index
349	Index
350	Index
351	Index
352	Index
353	Index
354	Index
355	Index
356	Index
357	Index
358	Index
359	Index
360	Index
361	Index
362	Index
363	Index
364	Index
365	Index
366	Index
367	Index
368	Index
369	Index
370	Index
371	Index
372	Index
373	Index
374	Index
375	Index
376	Index
377	Index
378	Index
379	Index
380	Index
381	Index
382	Index
383	Index
384	Index
385	Index
386	Index
387	Index
388	Index
389	Index
390	Index
391	Index
392	Index
393	Index
394	Index
395	Index
396	Index
397	Index
398	Index
399	Index
400	Index

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